Woman's Day

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ORGANIZE YOUR LIFE
25 Tips You Can Really Use

MAKEOVERS!
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SEPTEMBER 2010

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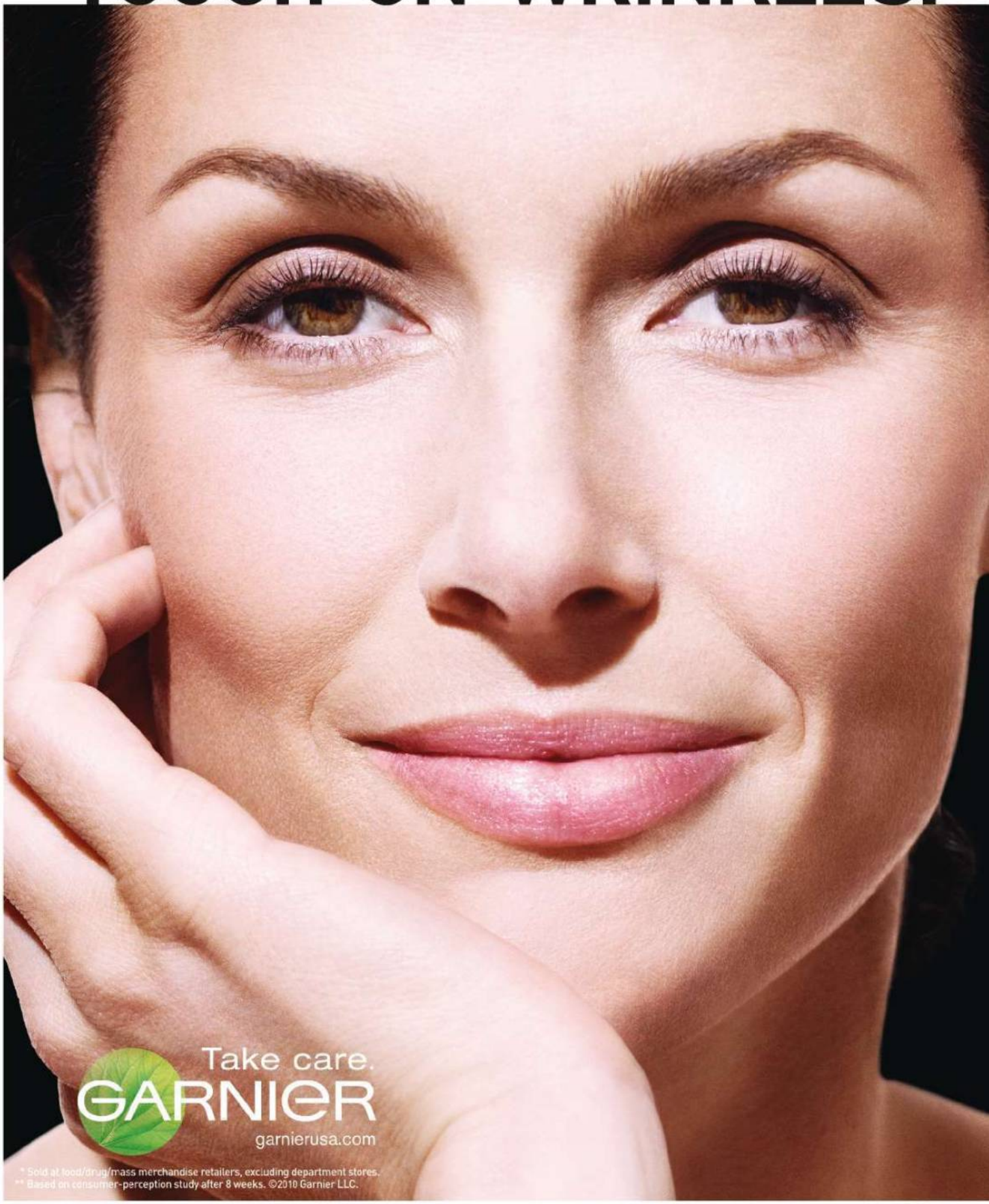

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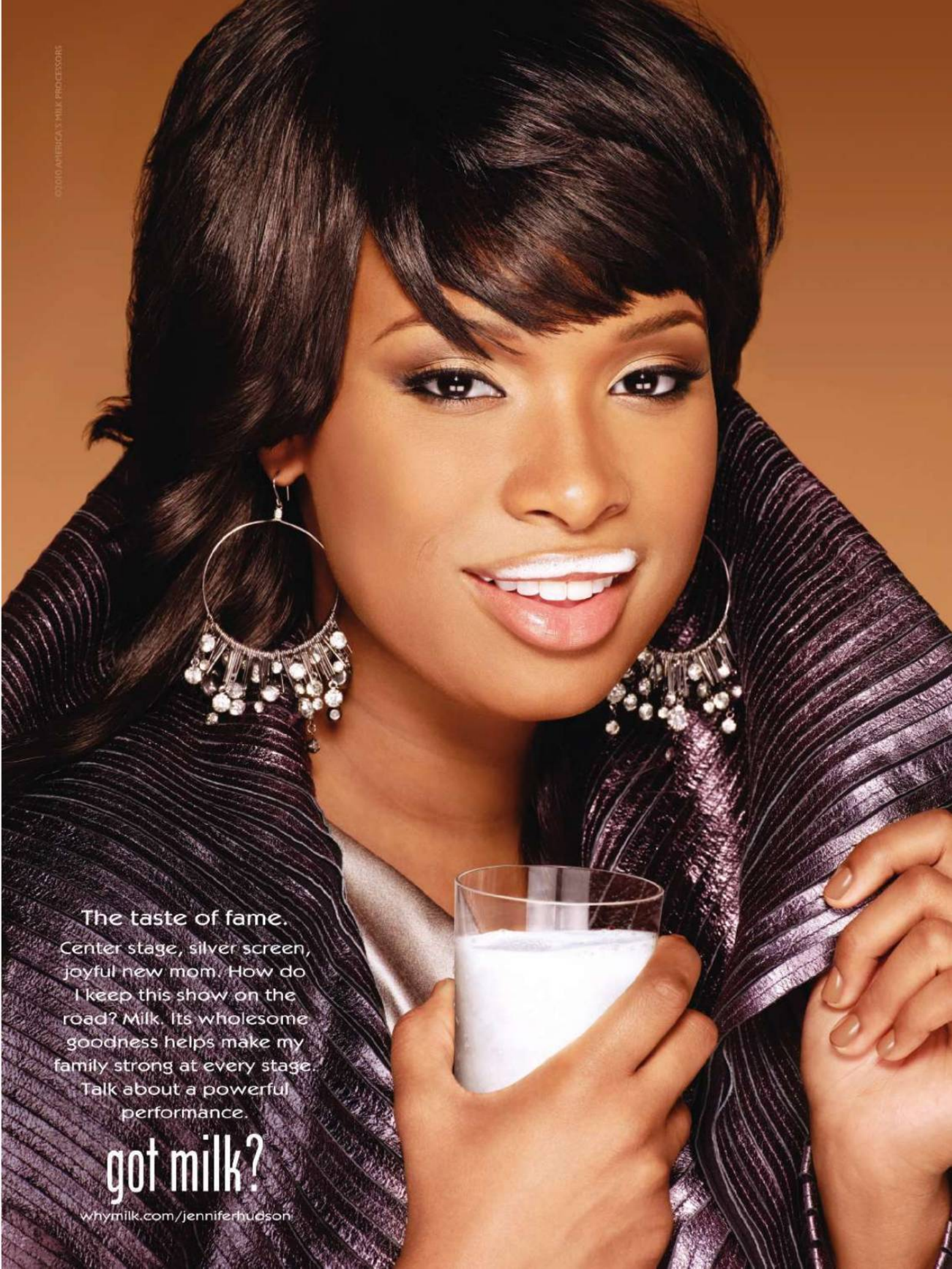
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got milk?
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SEPTEMBER 2010 • 73RD YEAR • 13TH ISSUE

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LUCAS ALLEN

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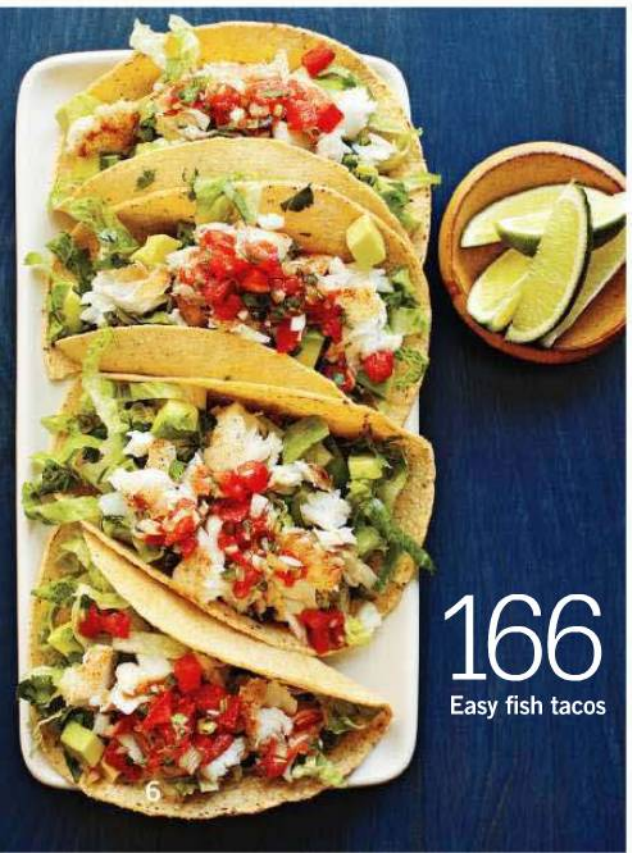

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TOP TO BOTTOM, LEFT TO RIGHT: ANNIE SCHLECHTER; KATE SEARS; TODD HUFFMAN; LISA HUBBARD

STAIN RESISTANT COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

Stainless "Steel"

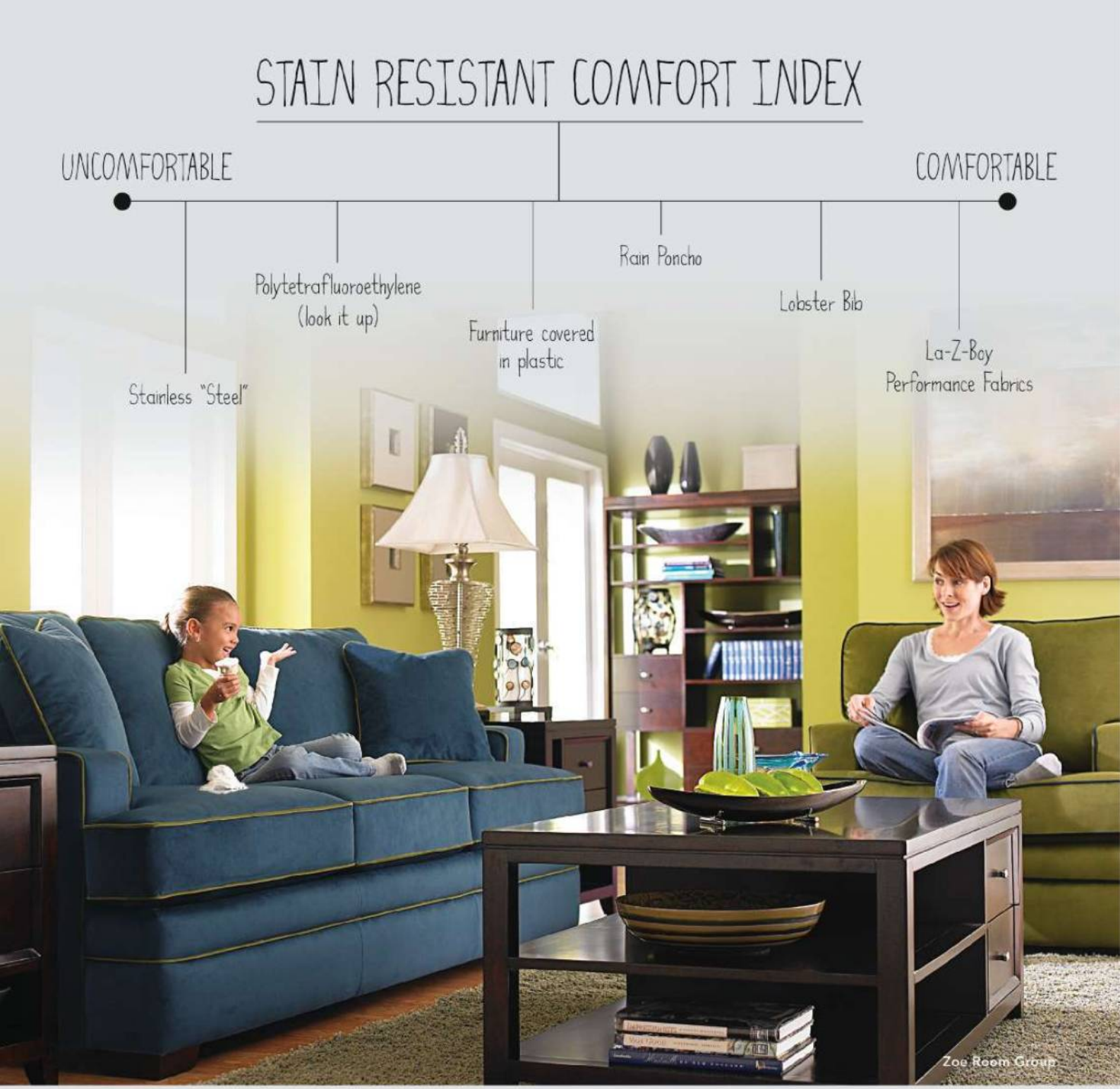
Polytetrafluoroethylene (look it up)

Furniture covered in plastic

Rain Poncho

Lobster Bib

La-Z-Boy Performance Fabrics



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How do you keep your kids well during back-to-school season?

"I brew Twinings Revive Herbal Tea, sweeten it with honey and add a squeeze of fresh lemon juice. It helps keep my kids well, and when they do get sick, it works wonders on a sore throat or a hacking cough."
Elizabeth Mayhew, VP/Editor-in-Chief

"When my son starts to feel sick, I give him an extra dose of his favorite drink: half chocolate milk, half 2% milk. It coats the stomach to prevent irritation from medicine, and since it contains nutrients and protein, I don't worry about him not eating as much."
Amy F. Brightfield, Health Director

"Hand sanitizer is my favorite weapon, at home or out and about. My twin 5-year-old boys are germy little things!"
Sue Kakstys, Group Managing Editor

"I step up the vitamin C—kids especially like the chewable tablets."
Diane Oatis, Group Copy Director

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How do you keep your kids well? Tell us at *facebook.com/WomansDayMagazine*

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"Sprinkle a few drops of Eagle Brand Medicated Oil, a pain-relief product with a menthol scent, in a steamy shower."
Carlos Lamadrid, Senior VP/Chief Brand Officer

"I make a Breyers Vanilla Bean milkshake with a teaspoon of natural vanilla flavoring. I'm not sure if the vanilla actually provides any healing qualities, but it sure feels like it!"
Susan Slocum, Beauty & Fashion Director

"I have three boys and they're all germ magnets. Besides completely hosing them down in the bath every night, their backpacks and lunchboxes need to be wiped clean and washed out every night... who knows where they've been during the day!"
Ann Gobel, Advertising Director

"My never-fail remedy for when my kids get sick is the same one that my mom comforted me with: just being there. Seeing her face made me feel better, and that lasted through adulthood!"
Bonnie Hutchinson, Chicago Sales

Advertising Director Ann Gobel
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all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief

happy new year!

This month I wish I could just cut and paste Jen Weiner's essay "In with the New" (page 42) right here. She sums up in just the right words exactly what I've always felt about September—that it should be the start of the year instead of dreary old January. For those of us who are Virgos, born during these last weeks of summer, it literally is our new year, but for others it also marks a new beginning: the back-to-school, back-to-schedule and back-to-seriousness season.

Even now, with my school days long behind me, Labor Day finds me gearing up for what's to come. If I was lazy over those summer months, then now is the time to reenergize: to clean my fridge, swap my wardrobe, reconnect with friends.

I wonder if this get-it-in-order feeling is primal, based on our natural biological rhythms. For as the days get shorter and the temperature drops, our need to "survive" kicks into overdrive. What we think of as the crazy rush of fall is really just our body saying, "Stock up! It's going to be a long winter," which for me prompts nervous excitement. What do I do with that sudden wave of energy? I make resolutions. This year I urge you to do the same. Here's what's at the top of my list (I'm sure some of these will be familiar to you, too). Good thing for both of us this issue offers lots of help to get us started:

1. Lose 10 pounds (see page 110 for our WD Slimdown with Joy Bauer)
2. Sync my family's calendar and get my stacks of paper organized (see pages 36 and 78)
3. Cook dinner at least five nights a week—no takeout! (see page 166)
4. Keep track of where my spending money goes (see page 56)
5. Get to the gym three times a week (see page 138)

Why do all of this now? So that come the dark winter months (hello, January!), you and I both can make a whole new set of goals that don't include any of those listed above.

ELIZABETH

You're invited... to be in our pages!

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can email us at **wdmakeovers@womansday.com**

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WOMAN'S DAY SLIMDOWN WITH JOY BAUER

THE JOY OF LOSING!

Joy is bringing her nutrition know-how and inspiration to you! We kick off the WD Slimdown in this issue, with the first step of the diet on page 110. After that, go to *womansday.com/slimdown* to keep following the diet and join other WD readers.

JIM BASTARDO; HAIR BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE; MAKEUP BY SONOMI ORINATA FOR NARS.

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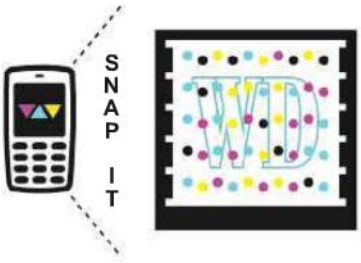

WIN!

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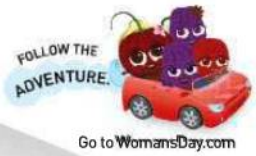

Look for these great prizes and special offers throughout the issue!

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- **WIN a year's supply of Clorox® Disinfecting Wipes for your child's classroom**.....page 9
- **WIN a year's supply of Silk Pure Almond product**.....page 30
- **WIN a Noodle Nirvana Pasta Pack from Newman's Own**.....page 53
- **WIN a month's worth of Ban® products**.....page 87
- **WIN an iPod Touch from United Healthcare**.....page 108
- **Enter for a chance to win a coupon from NESTLÉ® RAISINETS®**.....page 130
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- **Receive a Thai Mango Chicken recipe and easy entertaining tips from Sauza®**.....page 164
- **Get a delicious Filet with Horseradish Cream recipe from The Beef Checkoff**.....page 176
- **WIN an iWave Cube Microwave from United States Potato Board**.....page 197
- **WIN a FREE Minute® Rice product (up to 14oz.)**.....page 203

Editorial Pages

- **WIN a Tony Hawk red 4GB USB Drive**.....page 18
- **WIN a FranklinCovey Simplicity for Moms Planner**.....page 40
- **Win a copy of *Fly Away Home* by Jennifer Weiner**.....page 46
- **Get 20% off Newport News Lace Pattern Flats and Satchel Bag**.....page 86
- **WIN a Mode Lip Crème in Bombshell**.....page 90
- **WIN a $50 gift card to JCPenney** .....page 97
- **WIN a HAPPYneuron.com annual subscription**.....page 104
- **WIN a pair of Saucony ProGrid Guide 3 sneakers**.....page 140
- **Win a Giada De Laurentiis for Target product package**.....page 162
- **WIN a Pyrex® Stainless Steel 10-Piece Cookware Set**.....page 208

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Don't have a smartphone? No problem! Enter to win one of 15 smartphones from *Woman's Day*, courtesy of Best Buy mobile, to get connected to entertaining content on the go. Visit **WomansDay.com/Interactive** on your mobile phone or computer to enter NOW.

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mommyisms: insights from mom to mom

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special section

school's in!

your guide to a great year

BACKPACK BASICS

Picking the wrong backpack might land your child in the nurse's office. Soreness or pain in the shoulders, lower back and neck, and tingling in the fingers are classic signs of a backpack injury. To get the best fit, turn the page for tips from Robert White, DC, who practices at True Health Chiropractic in Springfield, New Jersey.

KATE SEARS; PROP STYLING BY GERRI WILLIAMS.

SHOPPER'S GUIDE, PAGE 206

mission: organization

YOU DON'T HAVE TO DRAG KIDS KICKING AND SCREAMING INTO SCHOOL MODE. **HERE'S HOW TO GET 'EM REVVED UP, ORGANIZED AND OUT THE DOOR IN RECORD TIME.**

GRAB AND GO. An organized closet cuts down on what-to-wear dilemmas, says Laura Leist, author of *Eliminate Chaos: The 10-Step Process to Organize Your Home & Life.* First, donate outgrown clothes. Then transform the newly streamlined closet with a hanging organizer that has each day printed on separate shelves, like the Kangaroom Hanging Five-Shelf Kid's Clothes Organizer ($37.50; **kangaroomstorage.com**). Now your child can plan a week's worth of outfits.

STOCK UP TOGETHER. Shopping for supplies solo may be faster, but taking your kids along is the better bet. They'll be more excited about using the cool stuff they get to pick out, says Marcella Moran, PhD, coauthor of *Organizing the Disorganized Child.* And that's incentive to keep it all organized.

PRACTICE THE MORNING ROUTINE. A week before school begins, start waking up (you *and* the kids) earlier. It helps make the transition easier, says Moran. *Abigail L. Cuffey*

PICK THE BEST PACK

CHOOSE THE RIGHT SIZE. The backpack shouldn't hang lower than your child's hips. Don't buy one for him to grow into.

DON'T OVERLOAD IT. The bag should carry no more than 15 percent of your child's body weight.

WATCH THE STRAPS. The shoulder straps should be snug and worn on both shoulders (never sling the pack over one shoulder), and the bag should have a waist strap that your child always uses.

CHECK FOR LUMBAR SUPPORT. Padding in the back of the pack transfers the pack's weight from the shoulders to the lower back, which will help reduce strain.

Annemarie Conte

L.L.Bean Deluxe Book Pack ($39.95; *llbean.com*, 800-809-7057)

2 BILLION
Number of pencils made in the United States each year.
Source: Musgrave Pencil Company

7.2 MILLION
Number of teachers in the United States.
Source: Statistical Abstract of the United States 2010

FROM TOP: VEER; KATE SEARS; PROP STYLING BY GERRI WILLIAMS.

CAN SCIENTIFIC STUDIES AND BEAUTY MAGAZINES AGREE

on what's effective in anti-aging skin care?

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In beauty and science magazines and in a dermatology periodical, Olay Professional Pro-X is recognized as not just effective, it's been cited for cutting-edge technology. It's in line with a leading prescription brand at reducing the look of wrinkles, and has been given a Best of Beauty Award. Olay Professional. Anti-aging with expertise, science and women behind it. OlayProfessional.com

PRO-X POTENT. PROVEN. PROFESSIONAL.

Pro-X hydrates to reduce the appearance of wrinkles. The prescription takes 24 weeks to see full results and longer-term comparative results may be different. *Age Repair Lotion.

come to order

COOL SCHOOL TOOLS HELP EVEN THE MOST CLUTTER-PRONE KID GET ORGANIZED

WIN WHEELS!

15 readers will win the Birdhouse by Tony Hawk 4GB SkateDrive. It's a USB drive with working wheels, so it can roll around the desk during study breaks ($14 value). Snap on the tag to enter.

1 LIGHT THE WAY Short on space? The Your Zone Keepin' It Charged Organizer Lamp does triple duty as a lamp, a desk organizer and an outlet for an MP3 player or phone. (13-watt CFL bulb included.) $18.97; *walmart.com*

2 WRITE ON The cover of the Mead Five Star Flex NoteBinder flips all the way to the back to create an anytime, anywhere writing surface. From $7.99; *officedepot.com*

3 GET WITH THE PLAN The Mead Middle School Student Assignment Book has all the basics—monthly and weekly calendars with space for homework assignments—plus fun extras like brain teasers and stickers. $13.99; at Staples stores.

4 STORE IN STYLE What girl wouldn't love the magnetic Twilight Bloom Locker Collection? A vanity bin with mirror and tray holds lipgloss, an erasable message board is perfect for reminders, and extra bins corral pencils and pens. Magnetic dry-erase board, $9.99; pencil cup, $4.99; vanity bin, $7.99; and organizer bin, $6.99; *containerstore.com*

5 TAKE NOTE The Post-it Flag Plus Highlighter Pen includes sticky flags, a pen and a highlighter all in one. $5.99 for 2-pack; *post-itflags.com* for stores

6 HANG TIGHT More than a mere corkboard, the Corky Wall Organizer has pockets to hold supplies of all shapes and sizes. Bonus: hidden slots in the electronics pockets to connect cords to a charger. $34.99; *kangaroomstorage.com*

7 BAG IT The Staples Twin Pocket Zipper Pencil Pouch boasts lots of storage in a small package: two zippered pouches, two mesh pockets and a clear outer pocket. $5.49; at Staples stores.

Ayn-Monique Klahre

TODD HUFFMAN

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

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**Based on a national study among 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration for the award. For more information, visit www.BestNewProductAwards.biz.*

back-to-school syndrome

AS SOON AS SEPTEMBER ROLLS AROUND, YOUR KIDS' BEHAVIOR TURNS ON A DIME. FIRST COMES THE **NAGGING** FOR NEW STUFF, THEN THE **HOMEWORK PROCRASTINATION**, THEN THE **WHINING** ABOUT ALMOST EVERYTHING. HERE'S HOW TO TAME THOSE PATIENCE-TESTING TENDENCIES.

nagging

You need to buy back-to-school gear, but this is ridiculous. The latest iPod, the hot sneakers, the new skinny jeans—every time you turn around your kids are there, begging for stuff. What's up?

Returning to class puts a lot of pressure on kids to fit in, which often means having the right gear. "Nagging about getting it can mean an underlying anxiety about school," says Cathy Guttentag, PhD, assistant professor of pediatrics at the Children's Learning Institute, University of Texas. "Kids may become overly concerned about what they *can* control (their clothes) in order to feel more comfortable about what they can't."

Encourage your child to talk about her underlying worries, but also nip the nagging in the bud, or it'll only get worse. Talk to her about what she wants, what you can afford and what contribution (allowance or birthday money, for example) she's willing to make to get the things she craves most. "Asking kids if they're willing to use their allowance usually gives them pause," says Dr. Guttentag. "Often they'll decide it's not that important. When Mom is paying for it, everything is important."

procrastination

Kids are notorious for creating excuses to avoid the inevitable—like homework. "Ending procrastination comes down to two rules: limits and routines," says organizational expert Peter Walsh, author of *It's All Too Much*. Have a designated homework spot (say, the kitchen table or the desk in your child's room) and set a regular time when homework will be done each day (right after school or after dinner). And enforce your rules.

Lisa Quinn, author of *Life's Too Short to Fold Fitted Sheets* and mother of two, takes it a step further, breaking down her kids' homework into small chunks. "They get a packet of work on Monday that has to be done by Thursday," she says. "Left to their own, they'll wait until Wednesday to do it." So she helps her 6-year-old come up with goals for when each piece of work will get done. How does she know her strategy will work? "My 9-year-old now goes upstairs every night like clockwork to do her work. We've broken her in," jokes Quinn.

whining

When Barb Dehn of Los Altos, California, has just about had it with her 14-year-old son's whining, she looks at her watch. "I'll say to myself, *OK, he needs to vent for a few minutes.*" Once the time is up, Barb redirects the conversation by asking her son unrelated questions, like, *What happened in gym today?* Pretty soon, he's caught up in a whole new topic, which cuts down on the whining.

Quinn also uses distraction to end whining. When her kids start in about not wanting to go to school, she helps them focus on the cool stuff: being with friends, taking art class. "It's like giving them hope that *something* fun will happen at school." *Karen Leland*

RAY KACHATORIAN/GETTY

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Mm

Nn

Pp

OREO

Milk's Favorite Back-to-School Cookie.

great gear girls

SEND KIDS BACK TO CLASS IN THE **HOTTEST TRENDS** AT THE **LOWEST PRICES.**

1 in the navy
The classic wool peacoat gets a modern update: hot pink! Bonus: This one comes with a hood. $49.50; **oldnavy.com**

2 heart to heart
Hoodies and hearts: two trends tweens love. This cute cotton rainbow heart sweater works with jeans, or dress it up with a skirt. $24.50; **oldnavy.com**

3 love the '80s
Look-at-me colored jeans, like this teal pair by City Streets, have made a comeback! $11.40; **jcp.com**

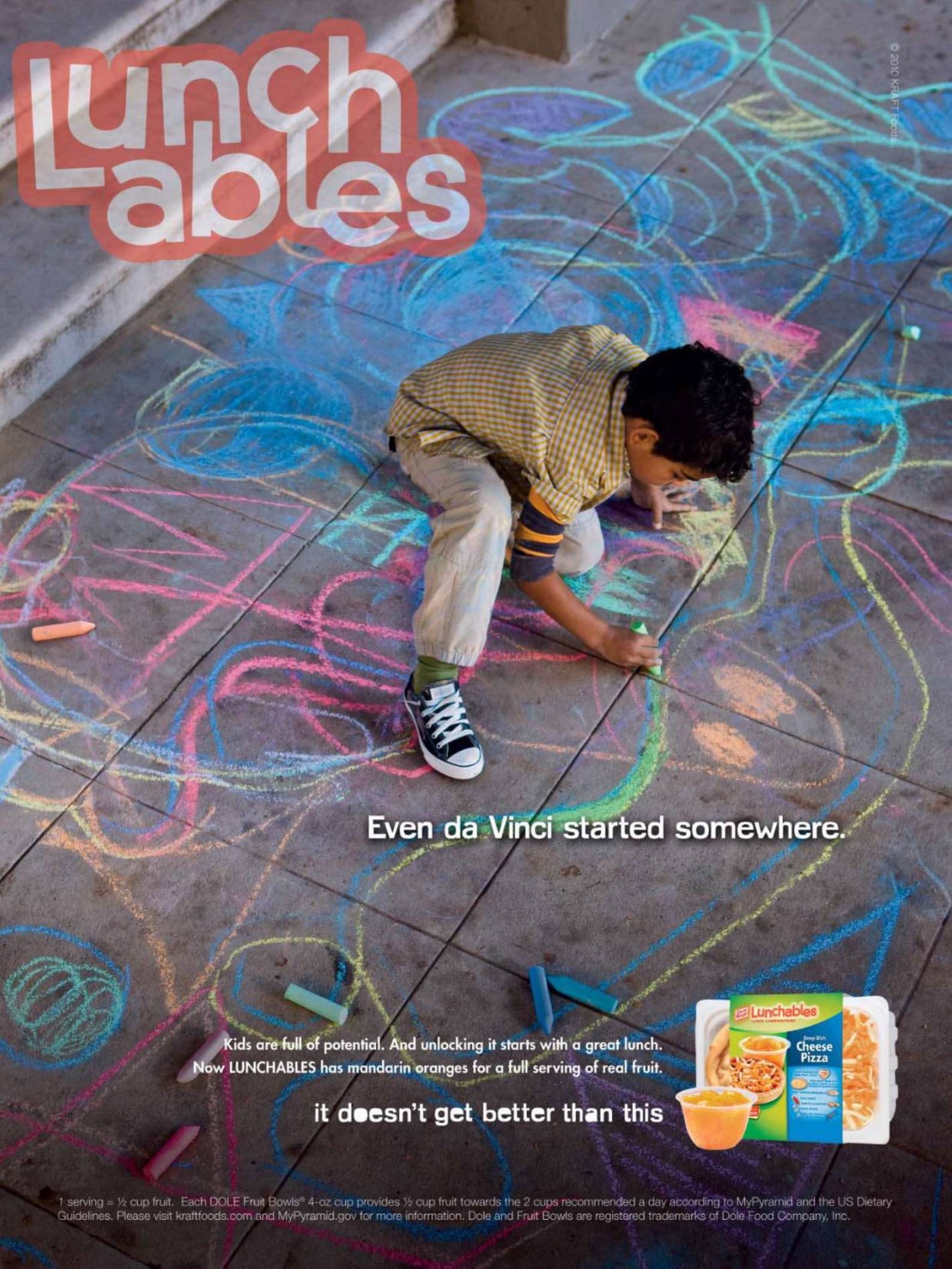
4 a leg up
These Faded Glory jeans, made with cotton, polyester and spandex, are so much softer than traditional denim, your daughter will live in them like leggings. Faded Glory Knit Jean, $10; **walmart.com**

5 ride on
Candie's faux leather riding boot—with side buckles and an electric blue zipper—looks cool with jeans and skirts. $60; **kohls.com** *Crystal Tate*

20% OF KIDS
ages 6 to 11 have a cell phone, and 36.1% of 10- and 11-year-olds have one.

Source: Mediamark Research & Intelligence

BURCU AVSAR; ON-SET STYLING BY MARIANA VERA.



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great gear boys

1 mad for plaid
Perfect for the first day of school, this cotton plaid button-down looks great with jeans or khakis. $14.50; **oldnavy.com**

2 prep school
This rugby-inspired cotton cardigan is ideal for mixing and matching. $24.50; **oldnavy.com**

3 warming trend
Whether worn over a long-sleeve tee or layered under a jacket, this lightweight, water-resistant puffer vest filled with goose down will keep kids warm all season long. $39.50; **llbean.com**

4 skater boy
Even kids who can't ollie will want these cool suede and leather athletic shoes from skateboarding legend Tony Hawk. $45; **kohls.com**

5 get the skinny
This hip denim style works with his favorite T-shirts and sweaters. $14; **oldnavy.com** *C.T.*

WHAT A GREAT IDEA!

Wondering what to do with last year's too-small school clothes? Check out **thredup.com**, an online clothing exchange for families. Membership is free. You pay only shipping costs if you want to receive clothes—anything you donate is picked up free of charge.

BURCU AVSAR; ON-SET STYLING BY MARIANA VERA.

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healthy lunches your kids will actually eat

KAREN ANSEL, RD, COAUTHOR OF *THE BABY & TODDLER COOKBOOK,* HAS IDEAS FOR PICKY EATERS.

PIZZA ROLLUPS Make a perennial kid favorite portable by layering mozzarella and tomato slices on a whole-grain wrap or tortilla. Roll and cut into three pieces. Serve with a small container of marinara sauce for dipping and a piece of fresh fruit for dessert.

YOGURT SUNDAE It may seem like more of a treat than a meal, but it's actually high in protein, calcium and antioxidants. Spoon organic vanilla yogurt into a plastic container and cover tightly. In separate containers, pack 2 Tbsp sunflower seeds or chopped walnuts (make sure your child's class isn't a nut-free zone), ½ cup sliced strawberries and 1 tsp sprinkles for the top. Add an all-natural granola bar to round out the meal.

PB&W (PEANUT BUTTER AND WAFFLES) This breakfast-themed meal is perfect for the kid who hates "regular" lunch foods. Spread peanut butter on a toasted 4" frozen whole-grain waffle. Add a thinly sliced pear and a drizzle of honey, then top with another waffle. Cut into four wedges. Also pack a container of lowfat milk for a calcium and protein boost.

3 WAYS TO **BOOST YOUR KID'S CONFIDENCE**

1. PUSH HIM TO TAKE ON CHALLENGES. If your son is doing well at art, for instance, don't settle for the same old art class. Enroll him in one that's more advanced. "Parents often fall into the trap of not wanting their kids to be uncomfortable," says Susan Bartell, PsyD, author of *The Top 50 Questions Kids Ask.* "That tells them that you don't think they can do it." Kids need to push the boundaries. If they don't succeed at one thing, they'll excel at another.

2. TEACH HIM TO OBSERVE AND THEN BLEND IN. "Many children feel a lack of confidence when joining a group," says Eileen Kennedy-Moore, PhD, author of *Smart Parenting for Smart Kids* (available in January). And for good reason: Kids who barge in create resentment, so teach yours how to watch what other kids are doing and then slide in without interrupting. For example, it's usually not a good idea to ask, "Can I play?" It stops the action and tempts some kids to say, "No." Instead, coach your child to catch the ball when it rolls off and toss it back. "Now he's more in the game because he's kept the action moving," says Dr. Moore.

3. PRAISE LESS. Rather than always saying you're proud when your child does well, ask "Aren't you proud of yourself?" says Susan Fletcher, PhD, author of *Parenting in the Smart Zone.* Then ask what he did to be successful. "Getting kids to talk about their abilities ups confidence," says Dr. Fletcher. *K.L.*

5 UNUSUAL THINGS TO SEND WITH YOUR CHILD TO COLLEGE

1 WALL ART Jazz up dorm room walls with WallPops, adhesive wall designs that come in various colors and patterns. They can easily be removed without leaving a sticky residue. $16; **wall-pops.com**

2 DECORATIVE SHOWER CURTAIN Let your kid and his or her roommates get creative with a PVC-free shower curtain they design themselves. It comes with a blue or black permanent marker. $32; **decorativethings.com**

3 7-DAY ALARM CLOCK Class starts at 8 A.M. on Mondays, but 10 A.M. on Tuesdays? No worries. The American Innovative Neverlate 7-Day Alarm Clock allows an individual alarm setting for every day of the week. $35; **amazon.com**

4 EARPLUGS Studying can be hard when roomies are feeling rowdy. Moldex Rockets Reusable Earplugs helps keep your kid focused. $3.46; **amazon.com**

5 PORTABLE SCANNER Copying notes is a snap. VuPoint Solutions Magic Wand Portable Scanner lets kids scan articles, photos and more, and saves it all on a Micro SD card. $100; **bedbathandbeyond.com** *C.T.*

TOP LEFT: KATE SEARS.

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AND THE WINNER IS...

WESTLAWN ELEMENTARY SCHOOL IN MOBILE, ALABAMA

EARLIER THIS YEAR, *WOMAN'S DAY,* WITH THE HELP OF THE NATIONAL ASSOCIATION OF ELEMENTARY SCHOOL PRINCIPALS, invited teachers, parents, principals and kids to enter the *Woman's Day* School Supplies Giveaway contest. We received hundreds of letters from people all across the country explaining why their school deserved to win. But the letter that stood out the most came from Jodie McPherson, a teacher from Mobile, Alabama, who longed to help the kids in her school get the supplies they desperately needed. "We're a Title I school, and many of our students come from low-income families," says McPherson. In fact, 93 percent of the 468 students are eligible for free or reduced-price lunch. And budget cuts have made it tough for the school to get classroom supplies or computers. "I figured that entering this contest was an opportunity to try to make things better for our students." When principal Lynda Finley found out that her school had won, she was ecstatic. "My biggest focus is making sure our students make progress," says Finley, who's been Westlawn's principal for 18 years. "Winning this contest will certainly put them in the right direction."

Thanks to the generous donations of our sponsors, Westlawn Elementary School will receive:

- **13 desktop and notebook computers with VISION Technology from AMD**
- **$1,000 worth of school supplies from Staples**
- **$1,000 worth of art supplies from Crayola**
- **500 each of notebooks, planners, binders and folders from Mead**
- **1,000 pens and pencils from Papermate**
- **250 each of notepads, writing utensils and easel pads from Post-it**
- **500 glue sticks from Elmer's**
- **500 Dickies backpacks produced by Pacific Worldwide**
- **30 cases of clear storage boxes from The Container Store** *C.T.*

what's hot for fall

GET READY TO SHELL OUT A FEW BUCKS! HERE'S **WHAT YOUR KIDS WILL CRAVE** IN THE COMING MONTHS.

TECH TOYS

PUPPY TWEETS Now kids can get Twitter updates from Fido, thanks to Mattel. Just attach this sound-and-motion sensor tag to your dog's collar and connect the USB receiver to your computer. Then create a Twitter account for your pooch and get prerecorded tweets from him all day. (Sample: "I've finally caught that tail I've been chasing and... OOUUUCH!") ($29.99)

RUBIK'S SLIDE The classic cube enters the 21st century! The new electronic version has more than 10,000 puzzles and multiple levels of difficulty. ($17.99)

BOOKS

GLEE: THE BEGINNING This novel, a prequel to the hit show, comes complete with poster.

ARTEMIS FOWL: THE ATLANTIS COMPLEX is the seventh in the popular high-tech fairytale series.

MOVIES

HARRY POTTER AND THE DEATHLY HALLOWS, PART I Harry, Hermione and Ron fight to destroy Voldemort in the first of what may well be the final two Potter films.

MUSIC

Tween girls will be screaming from now through December: **JUSTIN BIEBER'S "MY WORLD" TOUR** is in full swing across the country until the end of the year.

FASHION

D-SIGNED, a new clothing line for tween girls, features fashions inspired by Disney Channel characters—all for less than $20. First up, the personal style of Sonny Munroe (*Sonny with a Chance*). Available at Target.

They'll vanish faster than you can say New MARSHMALLOW PEBBLES.

MARSHMALLOW PEBBLES Slabs

1	cup all-purpose flour	1	egg
1/2	tsp. baking soda	3/4	tsp. vanilla
1/2	tsp. salt	1/2	cup semi-sweet chocolate chips
1/2	cup (1 stick) butter or margarine, softened	4	cups miniature marshmallows
1/3	cup firmly packed light brown sugar	2	cups POST MARSHMALLOW PEBBLES Cereal, divided
1/3	cup granulated sugar		

HEAT oven to 350°F. Combine flour, baking soda and salt.
BEAT butter and sugars together until light and creamy. Add egg and vanilla; gradually add flour mixture, beating well. Stir in chocolate chips and 1 cup cereal. Spread into greased 13x9-inch baking pan.
BAKE on center rack for 18 to 20 minutes, or until golden. Sprinkle evenly with marshmallows; return pan to oven. Bake 2 to 3 minutes longer or until puffed. Immediately sprinkle with remaining cereal; press lightly into marshmallows, using back of large spoon. Cool in pan on wire rack. Cut into 24 slabs. Makes: 24 servings.

For more great recipes visit www.postcereals.com/recipes

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moms to the rescue

PTAS ARE FINDING **SCHOOL FUNDRAISING** MORE CHALLENGING THAN EVER SINCE PARENTS HAVE BEEN PINCHED BY THE UP-AND-DOWN ECONOMY. BUT THESE MOMS HAVE FOUND CREATIVE WAYS TO **BRING IN BIG BUCKS** FOR THEIR KIDS' SCHOOLS.

playing dress-up

While the raffle, auctions, dinner and dancing at Somerset Hills Learning Institute's Halloween fundraising ball in Bedminster, New Jersey, were big hits, it was the costume contest that really brought down the house. More than 300 guests competed, and their getups ran the gamut from the rock band Kiss to the entire cast of *Gilligan's Island,* says Judi Meighan, the ball's auction chair. Such over-the-top Halloween costumes helped bring in more people (everyone wanted to see who'd be wearing what) and made the gala more fun (which put people in a giving mood). "When it was all over, we'd raised nearly $500,000!" says Judi.

banking on books

When Tozer Primary School in Windsor, Colorado, held its annual fundraiser last October, the kids didn't sell candy or wrapping paper as they've done in the past. Instead, they stayed home, read books with their parents and raised $12,000, says PTA president Kim Schutt. "A PTA mom suggested a readathon and everyone loved the idea." During Dive into Reading, which had an under-the-sea theme, kids got octopus-themed pledge cards to encourage them to find eight sponsors. "We made just as much as when they sold stuff," says Kim. "The bonus: Kids got excited about reading, and the parents were glad they didn't have to buy anything."

selling fun

Bre Nolan and two other moms from Avon, Connecticut, scaled back the Pine Grove School's PTA fundraiser from a sit-down dinner plus auction at a hotel to a $15 bring-your-own-food-and-wine meal at a community center. "Since people weren't paying much to come, they had more money to bid," says Bre. Rather than offering typical items, the auction sold "experiences" for kids, like creating their own flavor at the local ice cream parlor (followed by an ice cream party) and the chance to name a lane in town after themselves. "We made $34,000—an all-time record," says Bre.

parties for parents

Last November, parents eagerly bid on artwork created by their kids, students at the German-American International School in Menlo Park, California. They also bid to attend parties hosted by parents, including a Mexican fiesta and a wine tasting. "All 20 parties sold out in 45 minutes and raised $10,000," says Indra Pachtner, who helped organize the event. Brisk bidding for the kids' art plus items donated by local businesses boosted the total to $50,000. "It's amazing what happens when parents, teachers and kids team up to support their school." *Lisa Collier Cool*

WHAT A GREAT IDEA!

Want to organize a group of moms to fundraise for your kids' school? Check out **volunteerspot.com**, an online tool that takes the hassle out of managing parent helpers. Just register for free, use the planning wizard to map out volunteer tasks, and your list of potential volunteers will receive instant email invitations. They can then sign up for your event with the click of a mouse. The site keeps track of everything for you.

Promotion

Brought to you by the experts at 1-800 CONTACTS

Eye Spy

A guide to healthy eyes

MYTH: Sitting too close to the television will damage your child's eyes.

FACT:

According to the Cleveland Clinic, keeping a nose glued to the tube will not damage vision, but it may be a sign of nearsightedness. If this happens often in your home, we suggest you have your child's eyes tested!

ANOTHER VISION MYTH:

Contact lens wearers only order lenses from **1-800 CONTACTS** to save money. The truth is, **1-800 CONTACTS** offers much more than just competitive prices. You're also guaranteed:

- Live 24/7 customer care representatives who are focused on making sure your order is correct, every time.
- A huge selection of brands so your order can be shipped where you are, when you want it, as fast as you need it.
- 100% customer satisfaction on all orders.
- Unbeatable partners: Together, **Walmart Vision Centers** and **1-800 CONTACTS** have 11 million satisfied customers!

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1-800 CONTACTS + Walmart

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We've put out the challenge to all of you. It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project.*

happy days!

OUR YEAR-LONG GET HAPPY CHALLENGE
WOMANSDAY.COM WEB EXCLUSIVE

THIS MONTH'S CHALLENGE: FAMILY

Of all the resolutions I've tried for my happiness project, one stands out as my favorite. It's free, fun and easy, yet it has a dramatic effect on the atmosphere in my house. What is it? I make it a point to hug my husband and my kids more often.

Being affectionate with your family is one of the fastest ways to feel happier. Study after study shows that hugging relieves stress, increases feelings of closeness and even diminishes pain. And a Pennsylvania State University study found that people who gave five hugs a day for a month to as many different people as possible were happier than those who didn't.

To get the most out of your squeeze, hold it for at least 20 seconds. That magic number triggers an increase in the mood-boosting hormone oxytocin, according to research from the University of North Carolina.

I'm really enjoying this resolution: I give my husband proper good-morning, welcome-home and good-night hugs and kisses. And I go out of my way to show affection to my two daughters throughout the day—cuddling them in my lap, stroking their hair, pulling them close when I sit or stand near them.

While it's nice to be able to point to research that underscores the benefits of affection, the truth is we really don't need scientific studies to prove that sharing hugs with the ones we love leads to happiness. That we know from experience.

Gretchen Rubin

HAPPINESS PROJECTOR ASHLEY THOMPSON ON THE BEST PART OF PARENTHOOD

Like all parents, I want to feel that I'm doing a good job raising my two sons. And when I see them excel—achieving good grades, playing their instruments well, staying out of trouble—it gives me a deep sense of satisfaction. But it's the small moments, when they make me laugh or help with a project or just hang out with me, that make me most proud to be their mom.

That's why I'm so looking forward to our upcoming plans: visiting the Monterey Bay Aquarium, hitting the beach every Saturday for as long as the warm weather lasts, and having a Wii *Fit* Challenge: me against the boys. We're also going to "play handyman," as my youngest son calls it. He loves to use all kinds of tools, so he's going to be my little helper on a few projects around the house before summer ends. We're going to hang curtain rods, then we'll tackle our kitchen table—sanding, refinishing and painting it. None of the stuff we've got planned is big or fancy. And that's the point. It's just us, being a family. What could be better than that?

BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to *womansday.com/happiness* to meet other Projectors and get more feel-good resources.

Follow us on Twitter at *twitter.com/womansdaytweets* for a daily dose of happiness.

Check out *facebook.com/womansdaymagazine* for support from other WD Facebook fans.

Listen to RadioWD at *womansday.com/radiowd* for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* ($25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!

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Kids always stick together, especially when it's for a good cause. That's why they're getting behind Trident.® In addition to helping fight cavities, chewing Trident® now helps Smiles Across America® give 250,000 underprivileged kids the dental care they need to keep their smiles healthy and bright. Join us and together we'll chew for smiles.

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finding scheduling zen

Stay organized by choosing the right planner for you

by Arianne Cohen

If your personal goal list is anything like mine, somewhere between "get back to what I weighed in high school" and "find happiness" is "get organized."

Unlike those other goals, though, getting organized only takes a few hours. What you need is a planning *system*. And at the center of it is the perfect planner. It will boil down all your scheduling chaos into two forms of information: appointments and to-dos—all in one handy place. The trick? Using it. Here's your guide to finding a system and planner that you'll use and love.

(Please turn to 38)

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WHICH PLANNER IS FOR YOU?

Do you prefer paper or electronic? Is it just for you or does your whole family need access? Once you decide, follow these tips. And to find out your planner personality, go to **womansday.com/planner** and take our quiz.

I'm a PAPER Gal

go with: A sleek planner with a durable binder or cover. Simple and affordable.

make sure that: It's lightweight and fits in your purse, and that you love it enough to use it a dozen times a day (that's more than 4,000 times a year).

we love: The Planner Pad Organizer, an ingenious slim planner that takes you from all your to-dos into a neatly planned seven-day schedule, in two pages per week ($24.99 to $26.99; **PlannerPads.com**).

‹ NINJA TIP
Opt for the two-pages-per-week view, which gives you plenty of space to write in a week's worth of activities.

I'm an ELECTRONIC Gal

go with: A calendar and task-management program that runs on both PDAs and computers (most do), so that you can pull it up wherever, whenever. You can plan appointments, prioritize your to-dos and set reminder alarms.

make sure that: It's set to sync to another device regularly, even if you don't use it—that way, you always have a full backup.

we love: Though it's maddeningly frustrating that the cheapest PDAs now come with cell phone contracts, they are fantastic. We like the T-Mobile Sidekick LX, an organizational machine. It's not only a phone, but it also fully syncs with organizational programs, or lets you use many online organizers. ($49 with a two-year contract or $199 without a plan; **t-mobile.com**)

‹ NINJA TIP
Print your seven-day schedule and stuff it in your purse, just in case you, *ahem*, forget to charge your PDA.

As for computer planner programs, there's a reason the business world uses Microsoft Outlook: Email, contacts and schedule are all in one place. ($140 at **store.microsoft.com**, but comes free with many PCs.) For fewer bells and whistles, we like Google Calendar, a free online organizer.

calendar, planner or organizer?

"Most planners are overbuilt to make them look like they're going to get you organized," says David Allen, author of *Getting Things Done*. "They build in too much structure that no one ever uses." The fewer minutes it takes you to learn it, the better! Ask yourself, *What's my planner going to be used for?:*

A **Just appointments.** My daily routines are pretty obvious, and a basic calendar usually gets the job done.

B **Appointments and to-dos.** I have far too many things to do, and like to break down projects, such as parties and family meals, into lots of small steps.

C **Everything.** I like the idea of having a space to keep track of addresses, doctor's contact info, family medication info and shopping lists, as well as appointments and to-dos.

IF YOU ANSWERED:

A: You're a basic calendar kind of girl. Whether paper or electronic, you simply need one with enough space to write in each day's appointments.

B: You're a planner person. Planners are calendars plus task management systems, and come in both electronic and paper versions. Shop for something that says "task management" on it, with a clear system for prioritizing to-dos.

C: You need an organizer. Organizers include calendars, task management systems and space for storing all sorts of information. Look for a package that lists exactly what you need: workout tracking, allowance tracking, menu planners, etc.

And yes—looks matter! When it comes to PDAs and paper planners, you'll use the thing a heck of a lot more if you like it. So make sure you enjoy looking at it and holding it, and that it fits your personality.

3 STEPS TO GETTING ORGANIZED

STEP 1 Plan out the week on Sunday. Twenty minutes of planning at the start of the week can revolutionize your life. First ask yourself: What big-picture goals would I like to accomplish (such as looking for a new job)? Put these in first, because they're the sort of goals that get pushed aside for daily tasks. Next, schedule in any projects you need to do. Then put in the usual to-dos: laundry, carpool, etc. Last, figure out your exercising and social goals for the week.

STEP 2 Take 5 minutes the night before. Before dinner or an hour or so before bedtime, look at the next day and take a few minutes to plot it out. You can clump your errands together and estimate how much time each will take you. When you plan, you won't have conflicts and you're less likely to run out of time.

STEP 3 Conquer the three mails. Here's a new way to look at paper mail, voicemail and email: They simply contain pieces of information that you need to enter into your planner. So rather than holding on to all of it, write the relevant information into your planner, then get rid of the original mail.

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THREE QUIRKY PLANNERS WE LOVE

planner	use it if...	we love it because...
Cozi.com	Your family needs anywhere access to the calendar.	Appointments, to-dos and grocery lists are all in one place for the whole family. Syncs with Outlook and Internet calendars, so you can stick to your one-planner rule. (Signup is free.)
Whomi	You want a super-simple paper planner to keep track of lots of people.	The flat-lying spiral planner puts your life above the spiral, your kids' and spouse's color-coded schedule below, all in a durable case. $25 to $30; *whomi.com*
Simplicity for Moms	You want a sleek paper planner that's versatile.	It has a weekly calendar with separate spaces for you and up to three kids, optional matching binders and purses. $24.95; *FranklinPlanner.com*

WIN A PLANNER

Three readers will win the Simplicity for Moms planner (*shown at far right*). Snap on the tag to enter.

the family nerve center

Now that your schedule is under control, it's time to get the whole family on board. *Voilà*, the kitchen nerve center!

- **What it is:** A bulletin board and large two-month calendar, such as the Horizontal Erasable Wall Planner from At-A-Glance ($24.95).
- **How it works:** All of those adorable family members of yours are responsible for coming home, pulling notices out of their bags and pinning them to the board, as well as updating the calendar with their events, such as sports games and parent-teacher days.
- **What you need to do:** The family calendar keeps everyone on the same page, but it is not your *personal* planning system. Copy down all those ever-changing events into your own planner, *always*. Feel free to color-code: blue for the kids, black for you, red for priorities. Whatever works.

PRODUCT TIP!

white out without the goo

Scribbles and cross-outs are distracting in paper planners. Enter Liquid Paper Precision Correction Tape pens. They hold dry correction tape, which smoothly covers errors. The pens easily hook into the pen slot in your planner. Beware: You're likely to become addicted. ($4.99 for 2; **officemax.com**)

SCHEDULING TIPS FROM THE PROS

1 **Learn from your mistakes.** The best predictor of future screwups? The past. The last time you arrived late for an event or missed it altogether, what was your mistake? "Most planning errors are systematic," says Peggy Duncan, a personal productivity expert in Atlanta. "Perhaps someone told you about an event, and you never wrote it down. Put measures in place to avoid the same mistake." For example, if you get caught without your planner, leave yourself a voicemail.

2 **Alarm it.** The great joy of electronic planners is that you can set alarms to automatically go off and remind you. Paper planner users can do this too by simply setting cell phone alarms. Electronic reminders are a great trick, and heavily underused!

3 **Plan like your life depends on it.** "When you feel like you're in control, the stress hormone levels in your body are lower," says Ronald Glaser, PhD, director of the Institute for Behavioral Medicine Research at The Ohio State University. Stress hormones bring on a world of health problems in women: lowered immunity, higher blood pressure, greater heart attack and stroke risk, and yes, more abdominal fat. So when you feel yourself losing control, take 10 minutes with your planner. It can't fix everything, but it may help you feel like you're doing the best you can do with the time you have.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

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in with the new

Contrary to what the calendar says, September is the month when things really kick off

by Jennifer Weiner

Of all the things in the world I don't understand—Jazzercise, people who forget to eat lunch, why my grandmother knows how to email but my mother refuses to learn to text—the idea of the new year starting in January holds a place near the top of the list.

I suppose there's some technical, calendar-related reason why the year ends on the last day of December, but from a practical perspective, it's a lousy idea. Think about it—what says "new year!" less than the endless, often-dreary slog that is January? How are you supposed to get motivated for self-reflection, self-improvement and healthy eating when, for those of us living with winter, it gets dark at four in the afternoon, fresh vegetables look a little sketchy, and all you really want to do is curl up in your sweatpants with a bowl of stew and watch bad reality TV?

Anyone who's ever set foot in a classroom knows the truth: No matter what the calendar says, the real start of the new year comes in September. Early fall is back-to-school season, replete with the potential for reinvention. Every year when I was growing up, there was a new classroom, a new teacher, some new classmates; sometimes, a whole new school. And every year, I'd have the chance to get it right.

Maybe if I wore the same oxford shirt and denim skirt as the cool girls, they'd recognize that, in spite of my nerdy exterior (and interior), I was really cool, and they'd be my friends!

This, of course, never happened, even with the right outfit (or my frugal mother's sale version of it). I'd never be pretty, or preppy, one of those beaming ponytailed cheerleaders prancing through the halls in a pleated gold-and-navy skirt (please note: I am now friends with all these girls on Facebook, where we talk about our kids and post vacation pictures, so it's all good).

In spite of 12 years' worth of failed efforts, even at 40, I still cling to the magic of September—the first-day-of-school sensation of new beginnings and renewed possibilities.

Early-fall weather is usually gorgeous: warm enough for outdoor pursuits, but with a crisp, warning, winter's-coming-soon bite that reminds you, as the start of a new year should, that your time is *(Please turn to 46)*

JIM BASTARDO; HAIR & MAKEUP BY ALGENE FOR SALLY HARLOR; STYLING BY DONNA DUARTE-LADD.

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The benefits of Reclast last for a year. Most common side effects don't. The most common side effects include flu-like symptoms, fever, muscle or joint pain, headache, nausea, vomiting and diarrhea. Most occur within 1–3 days of treatment and can last up to 7–14 days. If you've taken oral bisphosphonates or have been treated with Reclast in the past, you are less likely to experience side effects. Taking a mild pain reliever like acetaminophen up to 3 days after treatment may reduce these symptoms.

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The average cost of a Reclast treatment is under $60 if you've already paid your yearly deductible. That's less than the annual cost of other drugs — including generics! As Reclast is an infusion, costs are covered by Medicare Part B, not Medicare Part D.

Talk to Your Doctor

Only your doctor can determine if Reclast is right for you. Ask your doctor about Reclast today.

Prescription Reclast is approved to treat postmenopausal osteoporosis.

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You should not take Reclast if you're on Zometa® (zoledronic acid) Injection because it contains the same active ingredient. Additionally, you should not take Reclast if you are pregnant, plan to become pregnant, you are nursing, have low blood calcium, kidney problems, or are allergic to Reclast.

It's important to drink fluids before getting Reclast to help prevent kidney problems. Tell your doctor if you have dental problems because rarely, problems with the jaw have been reported with Reclast. Discuss all medicines you are taking, including prescription and non-prescription drugs, vitamins and herbal supplements. If you develop severe bone, joint, or muscle pain, numbness, tingling or muscle spasms, contact your doctor.

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IN WITH THE NEW

CONTINUED limited, that you should savor every golden hour before the cold and the dark send you back to your den. You've hung up your sundresses and put the swimsuits back in the drawer, putting your wardrobe—and mind—on notice that summer's long, sunny, aimless days are over, and it's time to buckle down and get to work again.

If you've got kids, September sends them on their way, back to nursery school or high school or off to college (or if they're college graduates, September brings them back home to you again, but that's another story). If you're a TV devotee, your prime-time programs are back on the air. Between those two things, September fills me with energy and optimism, big plans and bigger dreams. It's the time when I'm most likely to take up a new form of exercise—I've tried everything from hot-room yoga to boot camp—or let a friend talk me into some athletic endeavor I'd never have considered on my own (a 10-mile race? A sprint triathlon? *I'm in!*). The fall makes it all seem possible. I'm motivated to clean my closets, to go through the junk drawer in the kitchen and donate outgrown baby clothes and defunct cell phones. With the farmers' market bursting with harvest bounty, I'll buy something I've never seen before—a delicata squash, a whole duck—and build a meal around it.

It's paradoxical, I know. Fall represents the end of things: the summer, and the year drawing to a close. But for anyone who remembers that sensation of optimism and excitement—the smell of freshly sharpened pencils and new shoes, the terror and thrill of walking into a new classroom—September is when things really begin. **wd**

WIN JEN'S LATEST!

Twenty readers will win a copy of Jennifer Weiner's recently released *Fly Away Home*, about a mother and her two adult daughters who reestablish their bond after a lifetime of distance ($26.99). Snap on the tag to enter.

 No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard internet rates will apply.

Important Patient Information

Reclast® (zoledronic acid) injection™ (Re-clast)

WHAT IS RECLAST?

Reclast is a prescription medication used to treat osteoporosis in women after menopause.

If your doctor prescribes Reclast, you will be given one intravenous (IV) treatment of Reclast for at least 15 minutes to help reduce the risk of osteoporosis-related fractures for twelve months.

WHO SHOULD NOT USE RECLAST?

Anyone who has low blood calcium, is allergic to Reclast, or takes Zometa® (zoledronic acid) Injection should not take Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST?

- Reclast contains the same active ingredient found in Zometa. Therefore, if you are being treated with Zometa, you should not take Reclast.
- You should take calcium and vitamin D daily as directed by your doctor.
- If you have low blood calcium, have had parathyroid, thyroid, or intestinal surgery, or have malabsorption syndrome, talk to your doctor.
- Patients with kidney problems should not take Reclast. Your doctor may perform a simple blood test to check your kidney function before administering Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST? *(continued)*

- Rarely, jaw bone problems have been reported in patients treated with drugs in this class, including Reclast. Your doctor should give you a routine oral exam prior to prescribing Reclast.
- If you are pregnant, Reclast may cause harm to your baby. Therefore, you should not take Reclast if you are pregnant, plan to become pregnant or are nursing.
- Infrequently, severe incapacitating bone, joint, or muscle pain may occur. Tell your doctor if you experience any of these symptoms.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF RECLAST?

The most common side effects include:

- flu-like illness
- fever
- muscle or joint pain
- headache

Most occur in the days following treatment. A mild pain reliever such as acetaminophen may reduce these symptoms.

For a complete list of Reclast's possible side effects, ask your doctor.

WHAT SHOULD I KNOW ABOUT TAKING RECLAST WITH OTHER MEDICATION?

- You should not take Reclast if you are taking Zometa.
- Tell your doctor about any antibiotics that you are currently taking. Certain antibiotics called aminoglycosides may lower your blood calcium for a long period of time.
- You should tell your doctor if you take diuretics.

STILL HAVE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or

- Call 1-866-RECLAST, or
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how to stop the bullies

What parents should and shouldn't do—and how not to make it worse

by Sarah Mahoney

If you read the news, you've seen the headlines: "Mother Blames Son's Suicide on Bullying," "Youth Violence, Hateful Speech Expose Dark Side of Social Media," "Bullied Student Sues School." Bullying has become such a widespread problem that the government has recognized it as a major mental health concern for kids. And for some of those kids, it has tragic consequences—a truth brought home by cases like that of Phoebe Prince, a 15-year-old in South Hadley, Massachusetts, who committed suicide in January after being tormented by older teens, and Scott Walz, a high school senior from Johnsburg, Illinois, who committed suicide in March after years of bullying.

And unlike in the past, when kids confronted each other at school, today's bullying can reach mass networks of people through things like texting, Facebook and YouTube. Sixty percent of high schoolers say they have experienced cyberbullying, according to research by Elizabeth Englander, PhD, professor of psychology at Bridgewater State College and director of The Massachusetts Aggression Reduction Center.

What can parents do to protect their kids? Turns out, a lot more than they think. *(Please turn to 50)*

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read the clues

Phoebe Prince had reportedly been bullied in her native Ireland, so her mom was on alert when the family moved to the States. And Scott Walz's mom also knew of her son's abuse because it had reportedly been going on for nine years. But many other parents are in the dark. Heather McPherson of Studio City, California, remembers the night she innocently asked her then 12-year-old son about his homework. His reaction stunned her. "He started to cry," she says. Finally he told her that some kids were taking his books in class, and that they'd also called him "faggot." Heather was incensed. But she also felt guilty that she hadn't noticed the signs. "I kept asking myself, *What did I miss?*" she says.

"It can be very difficult as a parent to see the clues," says Susan Limber, PhD, professor of psychology at Clemson University's Institute on Family and Neighborhood Life. A big reason? Our antennae aren't up. With the stress of work and home, it's not unusual for parents to take for granted that everything's OK with their kids, especially since some signs of bullying, like moodiness, sadness and anxiety, mimic the ordinary ups and downs of adolescence. As for cyberbullying, a recent Yahoo! online safety survey found that 81 percent of parents know what cyberbullying is, yet in Dr. Englander's study, nearly 70 percent of teens said their parents either don't worry or rarely worry about online bullying.

But they should, and kids' unwillingness to talk about any type of bullying just makes it harder. "About 60 percent of children don't tell their parents when they're being picked on at school," says Susan Swearer, PhD, associate professor of school psychology at the University of Nebraska-Lincoln and a leading bully researcher. Some clam up because they worry their parents will "fly off the handle and make matters worse," she says. Other kids keep quiet due to embarrassment, or they think they can handle it themselves. So if kids aren't telling, it falls to parents to figure out what's going on.

In Heather's case, her son's tears spurred her to coax the truth out of him. Once she knew the full story, she fired off an email to the school's director and her son's teacher. Both assured her that the bullying would stop. "When I picked Matthew up that day, he told me that the problem had solved itself because the teacher happened to change everyone's seat," says Heather.

If you do notice a change in your child's behavior, even if it's small, keep an eye out for other red flags. That's what Carla Ring of Foxboro, Massachusetts, did when she noticed that her eighth-grade daughter was

moodier and less interested in sports she used to love, and her grades were slipping—all possible signs of a child who's being bullied, says Dr. Swearer. (For more, see "11 Warning Signs," right.) Carla soon noticed something else: "She was constantly texting: mad, frenzied texts, like she was putting out fires."

At first, her daughter refused to open up, but Carla and her husband pressed her. It turns out some girls were calling her names and starting rumors about her—classic mean-girl tactics. "Boys tend to bully physically, while girls are more likely to use relational aggression, like gossiping and shunning," explains Dr. Swearer.

For Carla, forcing the issue worked. But pushing kids to 'fess up when you suspect bullying isn't always the best tactic. Demanding answers when a child doesn't want your help is "one of *(Please turn to 52)*

11 **WARNING** SIGNS

IF ONE OR MORE OF THESE BEHAVIORS PERSISTS, IT COULD MEAN YOUR CHILD IS BEING BULLIED.

- Has unexplained cuts, bruises and scrapes
- Comes home from school with torn clothing, damaged books
- Constantly loses school supplies or money
- Doesn't want to go to school; is afraid to ride the school bus
- Chooses an illogical route for going to and from school
- Suddenly is sullen, withdrawn, evasive
- Seems socially isolated, with few, if any, friends; is rarely invited to parties or homes of other kids
- Complains of headaches, stomachaches; frequently visits the school nurse
- Has difficulty sleeping, bad dreams; cries self to sleep, wets the bed
- Appears sad or depressed
- Has a sudden and significant drop in grades, as well as difficulty focusing and concentrating

STOP THE BULLIES

CONTINUED the most challenging moments of parenthood," says Rachel Simmons, author of *The Curse of the Good Girl* and founder of the Girls Leadership Institute in Santa Cruz, California.

Your child may say, "Everything's fine," but if your sixth sense says otherwise, keep pursuing it, adds Dr. Limber. Just use a light hand. "You don't want your kids to feel like you're grilling them," she says. Start a conversation in the car while running errands together or when you pick them up after school. "You're not talking face-to-face, which may be more comfortable for kids," says Dr. Limber. "The downside is that you won't catch their body language, which can also provide clues." So find other times to talk as well: at the dinner table and, with young ones, when tucking them into bed.

No matter where you start the conversation, the tricky part will be to get kids talking, especially if your normal way of checking in has been superficial at best. Too often parents limit chats to grades ("How did you do on your quiz?") or easily-brushed-off questions ("How was your day?"). Encourage kids to share their whole school experience. You'll gain better insight into their social lives, says Marlene Snyder, PhD, director of development at the Olweus Bullying Prevention Program at Clemson University. Ask indirect questions: "Is it fun to ride the bus?" "Who'd you hang out with today?" It's a lesson Heather learned the hard way. After her son's bout with bullying, she began asking more about his social life and less about homework.

9 bullies charged in death

Indictments for 7 'Mean Girls,' 2 boys in connection with Mass. girl's suicide

BY HELEN KENNEDY
DAILY NEWS STAFF WRITER

NINE MASSACHUSETTS teens were indicted yesterday for driving a pretty 15-year-old "new girl" from Ireland to suicide in a case that has become a symbol of high school bullying.

The sweeping charges – which come after months of complains that the bullies weren't being punished – include statutory rape, violation of civil rights with bodily injury, criminal harassment and stalking.

Phoebe Prince, a new arrival at South Hadley High School from a tiny seaside hamlet in County Clare, was mercilessly tormented by a cadre of classmates later dubbed the "Mean Girls" by Massachusetts newspapers.

Students said Phoebe was called "Irish slut" and "whore" on Twitter, craigslist, Facebook and Formspring.

Her books were routinely knocked out of her hands, items were flung at her, her face was scribbled out of photographs on the school walls, and threatening text messages were sent to her cell phone.

Scheibel said she had drawn the ire of the "Mean Girls" by briefly dating a popular senior football player in her first freshman weeks at the school. One student later said it felt like the whole school ganged up on her.

On Jan. 14, Phoebe was harassed and threatened in the school library and in a hallway. Scheibel said. As she walked home, one of the "Mean Girls" drove by and threw a can of Red Bull at her.

High school students hold vigil for Phoebe Prince (photo far left) in January. Photo by AP

BY THE TIME THEY FINISH HIGH SCHOOL, ABOUT 75% OF KIDS WILL HAVE BEEN BULLIED

monitor use. "But be open about what you're doing," says Dr. Limber. "So much of the parent/child relationship is based on mutual trust, and parents should try to respect that—without having blinders on."

Tammi Fitzgerald of Chandler, Arizona, was glad she finally took hers off. She knew that her son James, 16, who is overweight, was struggling with bullies and she'd alerted the school. But one day she peeked at his open Facebook page and was horrified. "There was post after post of cruel comments," says Tammi. She made copies of the pages—an essential move, say experts, since it proves harassment. But when she went to the school, all her son's teacher could do was put the online bullies on notice. Since cyberbullying typically takes place on kids' own computers, it's harder for schools to act due to privacy issues.

cybersnoop

You have every right to check your kids' Facebook pages and their cell phones. There are even free Facebook apps, like GoGoStat Parental Guidance and Social Shield, that allow you to set parameters and

react the right way

Once you're aware of the situation, your first reaction may be the same as Heather's or Tammi's: boiling mad and ready to fight back. Some parents, however, have the opposite response. "They minimize the issue, thinking, *Well, kids will be kids,*" says Dr. Swearer. Downplaying the problem won't make it go away. Instead, follow these steps.

1 ASSESS THE LEVEL OF BULLYING. Is it one child saying mean things? A group of kids texting taunts to the whole class? Physical bullying? "All types of bullying should be taken seriously, but how you handle it will depend on the nature, severity and duration," says Dr. Limber. Jot down the details as your child tells you, noting the dates and names of the kids involved. Make copies of hurtful Facebook pages or texts too. This way you'll be clear on the facts. And let your child know that you plan to contact his school. "If he pushes back, fearing retaliation from the child who is bullying, explain that usually adults need to get involved, and reassure him that it's the best way to put an end to the bullying," say Dr. Snyder.

2 EMAIL OR MEET THE TEACHER. "Naturally you'll be upset, but you'll get more cooperation if you stick to the facts without letting your anger get the best of you," says *(Please turn to 54)*

DAILY NEWS PIX

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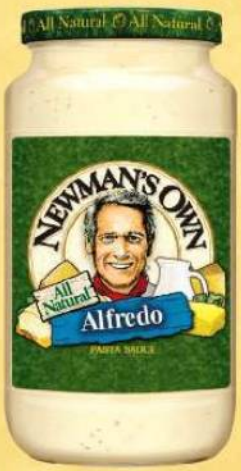
If pasta could fantasize, this would be noodle nirvana.



Newman's Own® All-Natural Alfredo Sauce.

Sure, all that fresh Italian cheese, crushed garlic, cracked black pepper and real cream is a bit decadent. We didn't skimp a bit with the all-natural ingredients. Which makes you think, if a noodle could use its noodle, Newman's Own Alfredo would have to be its fantasy.

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STOP THE BULLIES

CONTINUED Dr. Limber. Your goal is to work together to find a solution.

If the teacher can't resolve the problem, involve the principal, says Dr. Snyder. "Put it in writing, explaining the steps you've taken, and ask that he intervene." Find out what he plans to do to keep your child safe. "Then monitor the situation," says Michele Borba, EdD, an educational psychologist and author of *The Big Book of Parenting Solutions*. "And if you're not satisfied, meet with the superintendent or, if necessary, the school board."

How the school responds will be determined by their anti-bullying policy and disciplinary procedures. Most states require schools to have an anti-bullying policy. (See "Does Your State Have an Anti-Bullying Law?", right.) Get a copy of it from the principal so you'll know exactly what steps the school should take.

3 REPORT HARASSMENT TO YOUR ISP. One bullying tactic these days is to create fake profiles full of false information or inappropriate photos. "Contact the company that runs the site to have the profile taken off, and report harassment to your Internet service provider," says Michele Ybarra, PhD, a cyberbullying researcher and president of Internet Solutions for Kids. Encourage your child to do the basics, like blocking harassers and changing usernames or addresses. Also, like Tammi, make copies to show the authorities.

4 IF THE BULLYING IS PHYSICAL, CALL THE POLICE. "The police aren't likely to intervene unless there is a perceived physical threat," says Simmons. If a bully alludes to assaulting or threatens to assault your child (or worse, already has), contact the authorities. Also call them if the bullying involves intimidation based on hate or bias, coercion, or any form of sexual exploitation. Finally, no matter how tempted you are, don't confront the bully or his parents. Tempers are likely to flare, which will just make the situation worse, says Dr. Snyder. Leave it to the school or legal authorities.

helping kids cope

"The psychological effects of constant bullying can be very similar to an anxiety disorder or even post-traumatic stress, leaving long-term emotional scars," says Dr. Borba. Bullied kids can suffer stress buildup, withdrawal and more. Plus, since kids often blame themselves, falsely believing they did something wrong, their self-esteem takes a big hit. "Moving a child to a new class or a new school won't necessarily heal the scars," says Dr. Borba. "Depending on the intensity of the bullying, professional counseling may be best." Typically, however, kids can bounce back if they have someone to help them with three key things—and that's where you come in.

rebuild self-esteem To counteract self-blame, remind your child that the bullying wasn't her fault, says Simmons. "Explain that while this sort of thing does happen, it says nothing about who she is as a person." Point out all her qualities, focusing on her character and spirit.

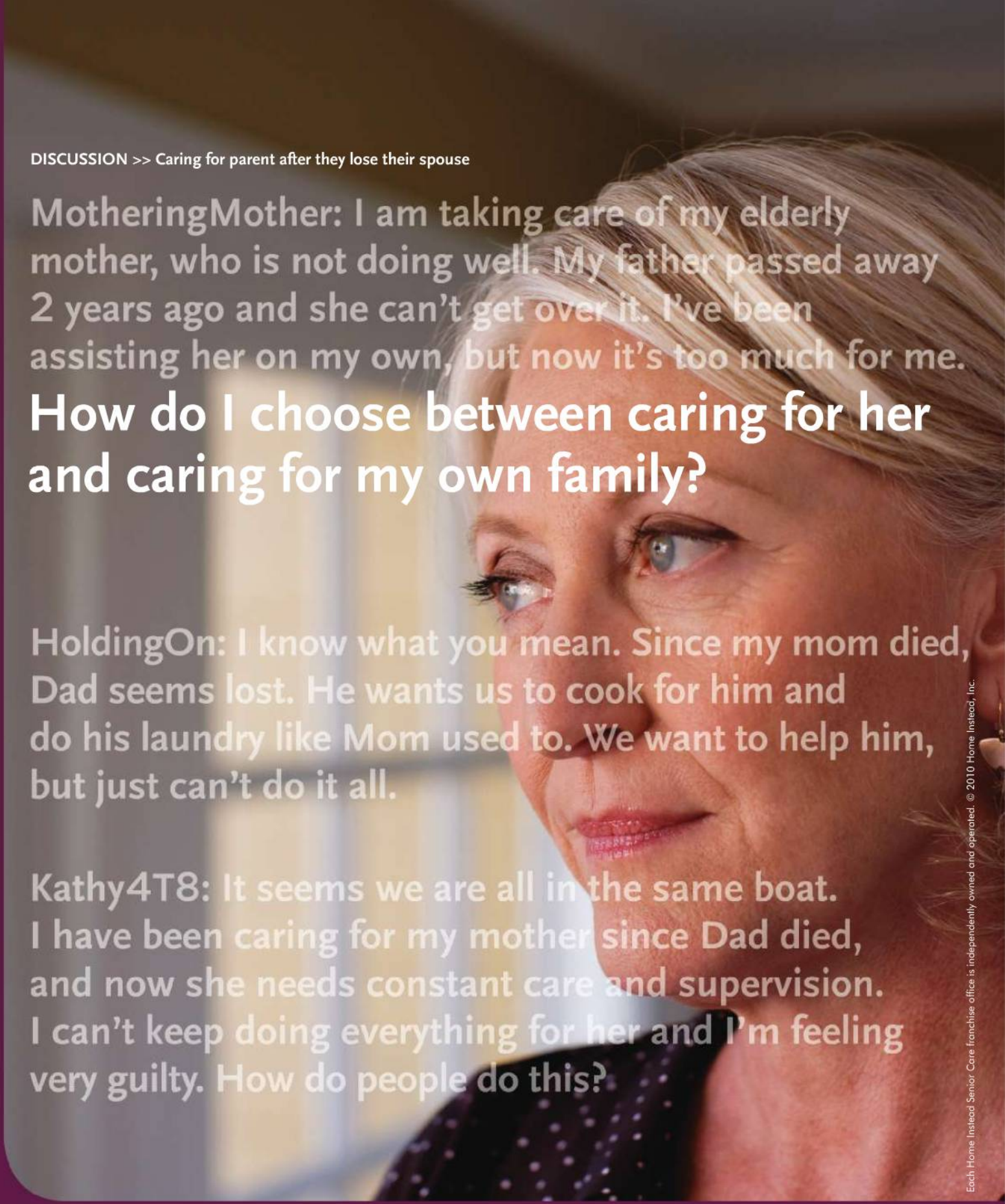
create a network of friends When Marty Wolner's daughter became the target of mean girls at age 13, he and his wife focused on building her skills as a "floater," someone who can move from one circle of friends to another. They encouraged her to make non-school pals through her dance and theater classes. "That way, she didn't have to be devastated if any girls at school excluded her. She had other friends," says Marty, a parenting coach.

teach coping skills and assertiveness Ignoring rude comments isn't easy, but it is possible. One way to do it: If someone starts to insult your child, she can calmly begin texting another person. This strategy sends the message that the harasser's words have no effect and ultimately makes him feel powerless. Sometimes that's enough.

Many times, though, kids need to be assertive to get bullies to back down. Practice a few techniques with your child, like saying, "Leave me alone" in a strong voice. But when it comes to physical bullying, safety takes priority. Tell your child to immediately report any such incident to an adult at school. If he doesn't, report it yourself, urges Dr. Snyder. And also inform the police. **wd**

does your state have an anti-bullying law?

Right now, 43 states have anti-bullying laws requiring schools to have a program or policy in place that outlines how bullying will be handled. In Ohio, for example, school personnel must report bullying incidents to administrators, who in turn must alert the parents. In Texas, the law gives parents the right to request that their child be transferred to another class or even another school within the district if he is being harassed. However, the increase in cyberbullying is causing many states to create new laws (or revise old ones). Just this summer, the governors of both Georgia and New Hampshire signed bills that strengthen their state's existing anti-bullying laws, expanding the definition to include cyberbullying. To find out your state's anti-bullying laws, visit *bullypolice.org* or *olweus.org*.



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put yourself on an allowance

And take the stress out of spending

It used to be that when I felt broke, I chased away the horrible feeling by leaning on my bevy of credit cards. As long as I could spend money, it felt like I *had* money. And the more I used my credit cards to prove to myself that I wasn't really broke, the more debt I created—until finally I couldn't fake it any longer. It took me 13 years to get out of the financial mess I got our family into. But I did it, and in the process I learned a very important lesson: Every woman needs some money she can call her own.

At some point during my long journey back to financial health, my husband and I agreed to put me on an allowance. It changed everything for me. As long as I had my own money for splurges and it wasn't money I was sneaking out of the account in hopes that he wouldn't find out, I didn't feel broke. And when I didn't feel broke, I was much more willing to be frugal with the rest of our income. My change of attitude made all the difference.

"Having an allowance lowers your anxiety and boosts your self-esteem," says Kathleen Gurney, PhD, founder of the Financial Psychology Corporation, where she

(Please turn to 58)

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ALLOWANCE

CONTINUED counsels clients and specializes in the psychology of money management. "It makes you feel like you're on top of things and in control."

Gurney couldn't be more spot-on. When I would get my allowance, I'd create a simple spending plan to figure out how I was going to use my money. What I was really doing was creating a budget. Suddenly the whole idea of a budget for all of our expenses wasn't scary anymore. Planning out my little allowance made spending intentional, not impulsive. And the more I stuck with monitoring it and setting little goals, the better I felt.

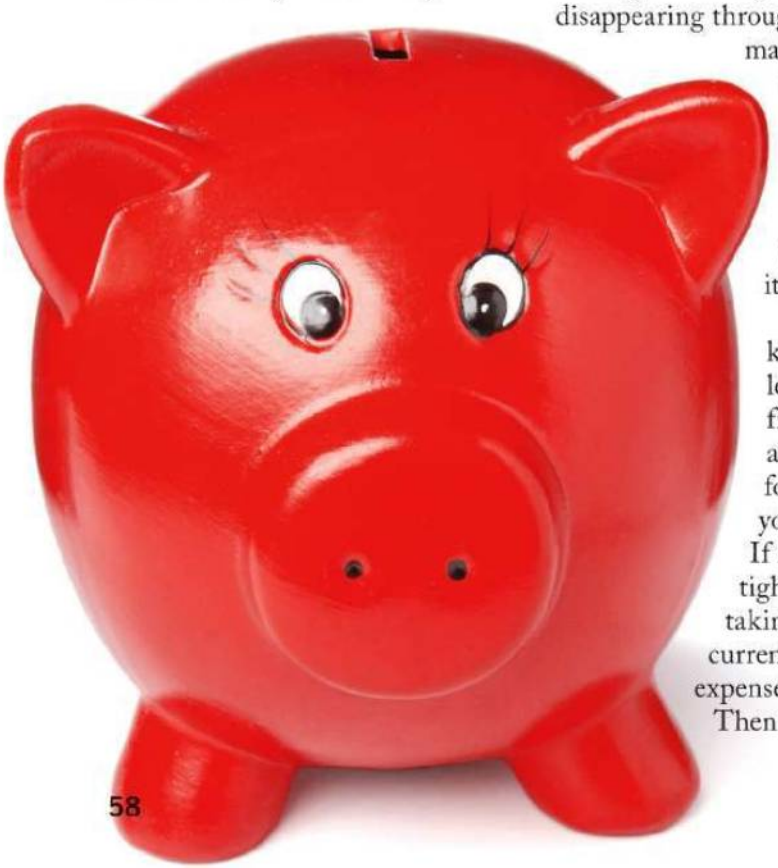
If you're ready to put yourself on a similar plan, here's some firsthand advice.

how much, how often?

STEP 1 TALK IT OVER. If you're married, bring up the subject with your spouse. My husband totally endorses my allowance. (He gets one, too.) Determine what you're going to spend it on. It should be just for you, so no groceries or household essentials like toothpaste or laundry detergent. Even clothing essentials should fall into the household budget and not come from your allowance. Your little stash is for *your* extras—a handbag that's wildly expensive, dinner out with your friends.

STEP 2 DECIDE ON AN AMOUNT. The best way to determine it is to go through your monthly expenses and tally up how much you're spending. Deduct that amount from the amount of money coming in. What's left over is discretionary money for savings and emergencies. Your allowance should come out of that money and be a reasonable and realistic amount that works for you.

If you don't have any left over, it's time to focus on where all your money is going. Some financial experts believe that if your household is not tracking its spending carefully, you're losing around 10 percent through "leakage"—money that's just disappearing through inefficient management, the old "I took $100 out of the cash machine and only have $10 left, where did it go?"



Once you know where the leaks are coming from, fix them and use that found money for your allowance. If money is really tight, consider taking some from a current variable expense like food. Then step up the challenge by eating out less, using more coupons and sticking to sales to reduce your food costs.

And make sure your allowance amount is truly reasonable, says Dr. Gurney. "Too many people go on an 'austerity' allowance—they go from frivolity to austerity. But that only sets you up to fail because you're not going to stick with it. The amount you settle on should be somewhere in between," she says.

STEP 3 SET A SCHEDULE. You may want your allowance in one lump sum at the beginning of every month, which is what I do. Or would you prefer smaller amounts weekly or biweekly? "Know yourself," says Dr. Gurney. "Getting an allowance at the beginning of the month is great for women who can budget themselves, but if you're more likely to spend it all in one day and feel poor for the rest of the month, pay yourself weekly."

No matter what you decide, when you know how much and how often, add it to your bill file. If you pay bills online, add yourself to the list of payees. There. Your allowance is now part of your budget.

STEP 4 CHOOSE CASH OR DEBIT. Cash is my choice—no hassles, no worries. Once I get it, I put it in an envelope that I keep in a secret place. If cash isn't for you, set up a savings account with access via a debit card. The benefit of doing it this way is that you'll have a monthly statement showing where your money goes.

make the most of it

Once you've got the basics down, use your money to your best advantage by doing the following:

Keep track. If you just start spending your allowance without keeping track of *(Please turn to 60)*

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ALLOWANCE

CONTINUED where it goes, at least some of it is going to just disappear. (Remember, leakage.) You need a system. If you're keeping your allowance in an envelope, record your expenses on the back of the envelope. Or monitor how you spend your allowance at **SpendingDiary.com**. It's free and easy. Another choice: Wealth Watchers (**eWealthWatchers.com**) offers a free app for the iPhone, iPod touch and iPad.

Negotiate a raise. There have been times when I've taken a "pay cut" for a period of time as we've needed to tighten our household spending, but my allowance has grown over the years. My "raises" have been the result of systematic negotiation with my financial partner, my husband. If your allowance is a percentage of your take-home pay, tie the raise to when you get a raise at work. Or reward yourself with a small increase each time you pay down an outstanding debt or score a big save on the weekly grocery shopping. The more incentives you have to save money outside of your allowance, the faster it will grow.

Budget. From time to time I've set up a little budget plan for my allowance. Once, I created a second envelope for my husband's birthday. For months I put savings in that envelope so I could surprise him with a weekend away. It was great! I've set up other envelopes to save up for special things that cost more than I could afford in a single month.

Another way to budget is to use index cards. "Think about your priorities and write one thing you really want on each card," says Dr. Gurney. Then place a dollar amount next to each item. Prioritize the stack of cards—now you know your goals and can figure out what you'll have to budget to reach the first one. When you accomplish that goal, go on to the next.

The best thing about an allowance system: You're the boss. You can spend it all now, put it away to buy something you really want later or give it to charity because you see a need greater than your own.

Supplement. Whenever I get a rebate, I put that money, no matter how small, into my allowance. Birthday money and bills I find in the pocket of a coat I haven't worn for a long time go into my stash, too. It's amazing how many little ways I find money now that I'm really looking.

Don't cheat. This whole idea only works if you commit to being 100 percent honest. If you start sneaking money away from places you're not supposed to, you're just hurting yourself.

reap the benefits

Here are just a few things an allowance can give you:

FREEDOM Even if you're in a tight financial situation, an allowance gives you the freedom to spend without feeling guilty.

FUN Now that you have discretionary money, you've built some fun into the household budget. It's a reasonable way to spend money on "wants" like new makeup or concert tickets while still sticking to a strict budget.

A SAFETY NET No more major financial crises. So what if you blow your allowance on shoes? You've done no harm in the big scheme of things, and next month you can just buckle down to rebuild your stash.

CONFIDENCE "Sticking to your allowance makes you feel proud," says Dr. Gurney. "It shows you that you're able to honor your commitments."

WHAT ABOUT THE KIDS?

WHEN TO START?

There are no set rules. However, Janet Bodnar, author of *Raising Money Smart Kids,* suggests waiting until kids are old enough to manage their money and understand the concept, which is usually around age 6.

HOW MUCH?

Though many families use age to determine amount ($10 per week or month for a 10-year-old, for example), Bodnar suggests you think about how much money your child needs. A 6-year-old might only use a few dollars a week for ice cream or toys, while a 12-year-old will probably use more for things like movies, snacks and games. According to a 2010 study by American Express, the average allowance is $12 a week, or $48 a month.

HOW OFTEN?

Whether it's weekly or monthly, kids do better when you stick to a schedule. Younger kids tend to manage their money more effectively when they get it weekly, since out of sight often means out of mind, says Bodnar. For older kids, consider paying monthly so they can learn about budgeting.

WORK FOR PAY?

Think about your goals when it comes to the allowance-for-chores quandary. "If your main goal is to teach your kids to manage money, give them a basic allowance with financial 'chores' attached, such as paying for their own collectibles," Bodnar says. If you also want to teach kids the value of working for pay, pay them for extra chores on a job-by-job basis.

WHAT ABOUT SAVING?

No matter what the amount, encourage kids to save a percentage (having their own bank account is empowering for them), set aside a percentage for charity (they'll learn the value of giving back), and spend the rest. ▶

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5 reasons to give your kids an allowance

If you're not already doing it, you may want to reconsider. An allowance can:

...teach them about real life.
Nothing beats an allowance for a hands-on course in values. Having their own money teaches them about responsibility, consequences, saving and charity.

...distinguish needs from wants.
Do they really need that new PlayStation game or peace sign earrings? Having their own money makes them think harder about what to spend it on.

...put an end to the nickel-and-diming.
You create a set budget item for yourself and stop that constant *drip, drip, drip* of money flowing from your pocket to random stuff for them.

...build trustworthiness.
By giving kids money to manage, you demonstrate that you trust them. And they soon learn that to keep the money coming, they need to become trustworthy.

...promote self-confidence.
Just as it does for you, managing money has a magical result on their self-esteem. Teaching them how to give some of their allowance to charity, save some for a long-term goal and spend some now gives them the tools of self-reliance. **wd**

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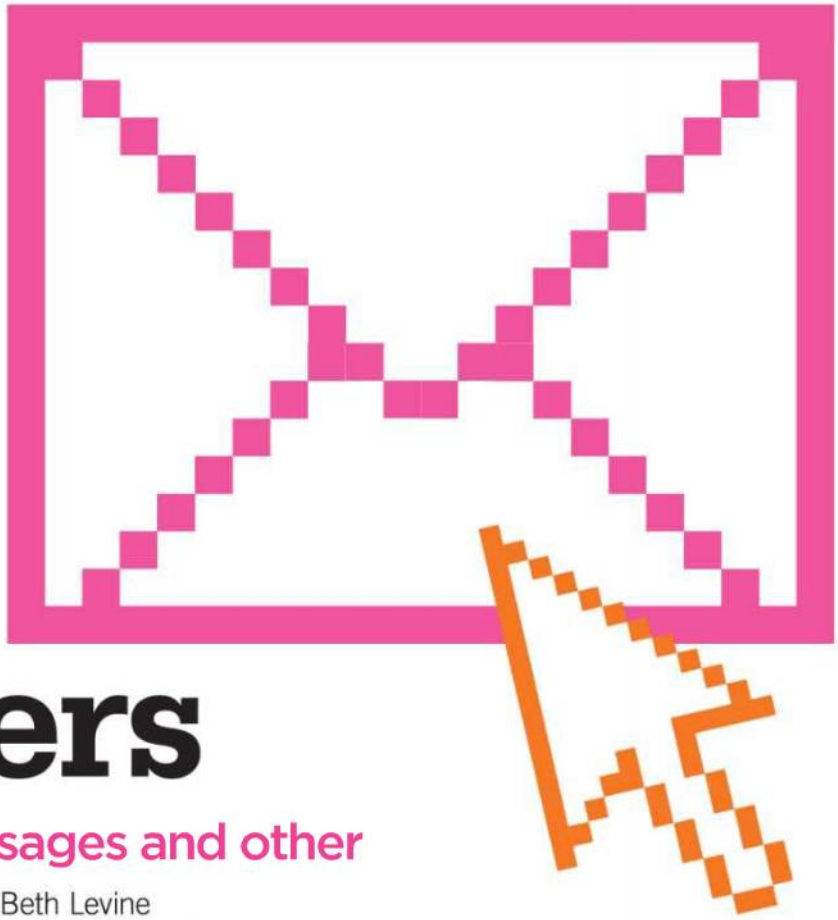

mind your **email manners**

Forwards, mass messages and other techy conundrums

by Beth Levine

You already know that if you type in all capitals in an email, it looks like YOU ARE SHOUTING. (If you didn't, see what I mean?) And do I even have to discuss those sickly sweet chain letters to be instantly forwarded to 25 friends or else you'll have bad luck? (Note to self: Always delete!) But even though we know some of these things, email still feels a little like the Wild West when it comes to manners. It's time to zoom in on some fine points of how to communicate electronically with grace and style.

the well-crafted email

Email isn't the place for a 2,000-word opus. If you're writing to a close friend you haven't seen in a while, it's one thing (but really, if you have that much to say, why not pick up the phone?). For most emails, keep the message as brief as possible, with the most important part at the top, says Judith Kallos, founder of NetManners.com, a website dedicated to helping people write courteous emails. Large blocks of type are difficult to read onscreen—especially if the recipient is trying to read your message on her BlackBerry or iPhone. *(Please turn to 66)*

SHUTTERSTOCK

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EMAIL MANNERS

CONTINUED And though you may not be likely to use bullets in personal emails, bullet points can be your friends if you've got a lot to write for a work email. "Visually they don't look like too much to tackle, and subconsciously the recipient thinks she can acquire your points in little tidbits, making her more likely to read your whole email," says Kallos.

Another point: Leave the IMHO ("In my honest opinion"), RUUP4IT ("Are you up for it?") and other acronyms to the teens. "Type like a grade-schooler with poor grammar, typos, juvenile jargon and incomplete sentences, and chances are your point will be lost," says Kallos. Remember, in an email, text is all the recipient has to go by to decipher your intentions and meaning.

Once you've written your email, give it the TMI (Too Much Information) test. Ask yourself: *What would happen if my boss saw this? My husband? My children?* "Oversharing can come back to haunt you in the most embarrassing ways," says Sue Fox, author of *Business Etiquette for Dummies.*

And while you're at it, think twice before pressing Send on anything written in anger. Then sleep on it. It often comes off much harsher than intended, and once it's out there, there's no taking it back. Ask yourself if you would ever say this to the person's face or on the phone. No? Then don't send it.

the well-crafted response

Respond within 48 hours. If you can't get to it within a day or two, email back promptly and tell the sender when he can expect your reply. If you are the sender, wait the same amount of time before following up. "We're all doing a million things, so let's give each other a break," says Chris Brogan, president of Human Business Works and coauthor of *Trust Agents: Using the Web to Build Influence, Improve Reputation and Earn Trust.* "Yes, the Web moves at warp speed, but not every email can be answered immediately, especially if you want to give or receive a well-thought-out answer." (If your message is urgent, use the phone or mark the email as priority.)

Some other things to keep in mind: Go easy on the Reply All. When you receive a group email, respond to the sender only, unless it affects everyone involved. Most people don't like their mailboxes to get jammed up with multiple responses. Once you respond, no need to respond again...and again. "Thanks for lunch." "Enjoyed it, let's do it again." "Yes, let's. I appreciated it." "I'm so glad." If you've said *thank you* or *you're welcome*, it's enough. Chitchat gets annoying fast. *(Please turn to 68)*

Choose your words well: What you write doesn't always sound the same as the way you talk.

sticky situations solved

"A friend of mine emails every day. It's too much. How can I make her stop?"

"Take your time responding. Make your comments brief and polite, but don't encourage her by asking questions that she could answer. If she still doesn't get the message, say, 'Thank you for your note. Glad all is well, but I'm overwhelmed right now with work and family so I don't get much time to chat. I appreciate your thinking of me!'" says Fox.

"When I get a phone message, I answer with an email. Is that OK?"

You're being lazy. If you can take the time to email, you can take the time to pick up the phone. Email is not an excuse to avoid human interaction—that is, if you are serious about forming solid relationships. When you simply can't talk, it is acceptable to email back to tell the caller you got her message, and specify a time when you will phone her back.

"Friends are always forwarding me crazy 'must read' messages. How do I know if they're true?" Whether it's that chopsticks contain carcinogens or opening an online greeting card will then send one to everyone in your address book, alarming messages abound. Look them up on **Snopes.com**, a site devoted to proving and disproving urban legends. (For the record, the government is not going to start charging for every email sent, nor is Bill Gates going to give us $250 if we forward the message.)

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the 411 on...

Emailing thank-you notes.
If you're just thanking someone for picking up your kids, email is fine—although a phone call would be better, says Kallos. (It shows you made an effort and aren't just taking her for granted.) Other times, only a handwritten card will do. Thank-yous for gifts or for extraordinary acts of kindness need to be handwritten. "Would an email reflect my sincere gratitude as much as taking the time to purchase the card, write my note and address the envelope, pay the postage and send it off? No, it wouldn't," she says.

Protect your job: Don't send personal emails or shop online at work.

Sending personal email (or surfing the Web) at work.
Don't expect privacy. A 2006 study by the American Management Association and The ePolicy Institute found that 76 percent of American businesses monitor workers' online activities. Therefore, ixnay on bidding on eBay or sending personal email via the company's server. (Plus, there's always the chance an email can go astray.) As for sending email from your personal account while at work, you know your company's vibe best, but "in general, the equipment and Internet time belong to your company, so using them for personal purposes probably violates company policy," says Fox. While most companies cannot read your personal account (such as Gmail or Hotmail), some companies have invested in technology that records every keystroke that leaves the building, says Brogan. It's best to check the company's employee handbook to see how your company handles personal use of its computers.

Forwarding chain letters and jokes.
We're all overwhelmed by the amount of email we have to wade through. Don't add to the misery unless you are really, really sure the recipient would get a kick out of it. And if someone asks you to cease and desist, please comply. (Note to my old high school buddy with the trigger finger on all things adorable: I am on my knees begging you to stop.)

Using the BCC.
If you're sending out a mass email to people who don't know each other, respect their privacy by hiding their email addresses. Put your name in the "To" box and everyone else's in the quaintly named "blind carbon copy" (BCC) slot. Visibly listing their email address in with a group of strangers will make the recipients wonder what other privacy issues you may not respect or understand. This is the only time you should use the BCC. Any other time, it's a blatant betrayal of confidences. It's not OK to secretly include someone on an email that is clearly none of her business, especially if it contains private information. **wd**

FIVE NONNEGOTIABLES

NEVER...

1 **Check email when you're with other people.** Or text, IM or check your PDA. Unless it's your kid letting you know something is wrong, when you choose technology over your companions, you're telling them they aren't important to you. And that's just plain rude.

2 **Email a condolence note or a group thank-you note.** Some things will always call for individual, heartfelt attention that shows some effort.

3 **Forward political or religious rants.** Unless it's the focus of the conversation at hand or you are sure the recipient is interested, don't send it. No one was ever converted by forwarded proselytizing. In fact, it's a great way to lose friends and not influence them.

4 **Snoop through your loved one's email.** "Reading your husband's or kids' emails without their permission is a major breach of trust," says Chris Brogan. "If you have trust issues, sit down and talk with them—don't sneak around behind their backs." The only time you can check out your kid's correspondence is if you believe she's in imminent danger of some sort, such as communicating with someone she doesn't know.

5 **Send anything racy on your business account.** Off-color messages can be construed as creating a hostile work environment, and open you to dismissal. (You may want to think twice about sending "adult content" through your personal account, too. You just never know.)

what's OK at home may not work at the office

	PERSONAL	BUSINESS
Emoticons	Yes. Helps recipients read your tone and intention.	No, it looks unprofessional.
Many fonts, colors, wallpaper	Yes, within reason and if it doesn't make the email hard to read.	No, it looks unprofessional.
Formal salutation	No	Yes
Full signature	Only if they won't know who you are otherwise.	Yes
Proofread/spell check	Yes	Yes

SHUTTERSTOCK

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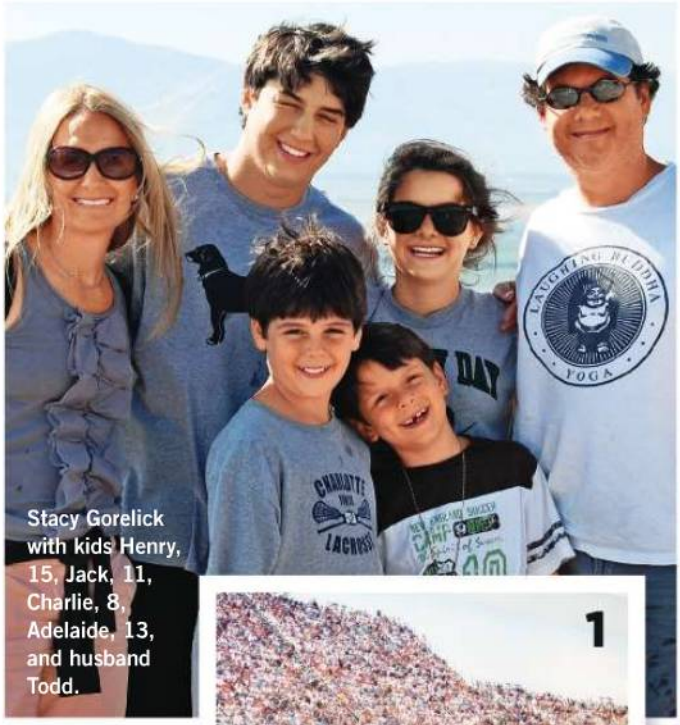
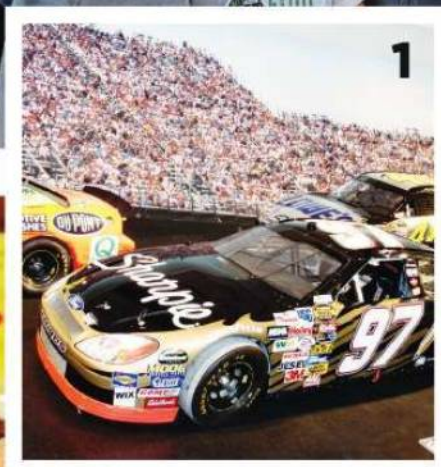
a woman's day in... Charlotte, NC



Stacy Gorelick with kids Henry, 15, Jack, 11, Charlie, 8, Adelaide, 13, and husband Todd.



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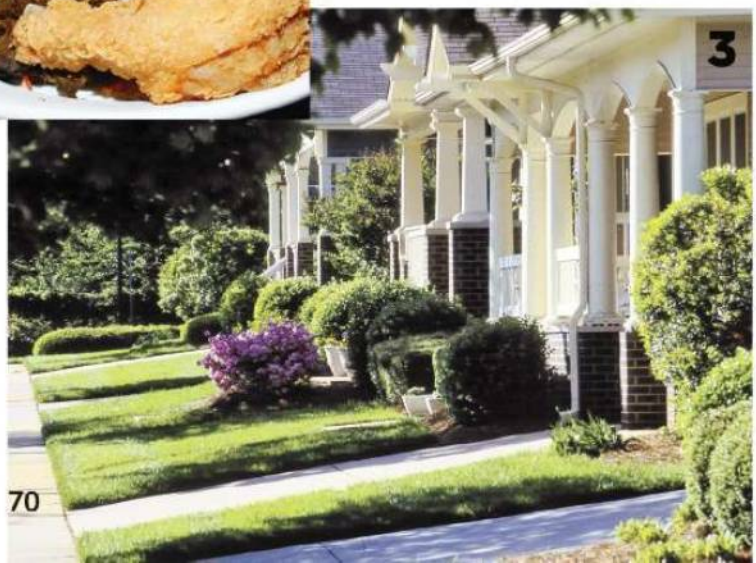

3

"It's hard to find a true local in Charlotte because so many people move here and their whole family follows," says Stacy Gorelick, a mother of four who came to Charlotte 18 years ago when she married her husband, Todd, a born-and-raised Charlottean. (She was soon followed by her brother and his wife.) People love the near-constant sunshine and easy pace of life, but Stacy says the real secret to the city is its true Southern hospitality. Read on for some of Stacy's gems.

1. NO VISIT IS COMPLETE WITHOUT...

Charlotte may be known for its hospitality, but it's also NASCAR country. "If you've never seen a race, you'll love it," says Stacy. "But bring your earplugs!" You can even take a spin around the track on a guided tour of the **Charlotte Motor Speedway**, or if you want to drive yourself, you can spring for one of the driving school packages. And check out the Pit Challenge at the **NASCAR Hall of Fame**, where you can do your own timed pit stop—there's even a child-size version for the littlest NASCAR fans.

2. A TRUE TASTE OF THE SOUTH

Mert's Heart and Soul (*mertscharlotte.com*) "It's soul food—greasy, delicious and fried—pure Southern cooking, inspired by Charleston Lowcountry cuisine. Their specialties are shrimp and grits, mac and cheese, fried chicken and buttery cornbread," says Stacy. "It's not expensive, and it's a great place to take your kids because it's very casual. It's right in the middle of uptown Charlotte—we call our downtown 'uptown.' Not sure where that tradition came from, but everyone does it." *(Please turn to 72)*

FROM TOP: COURTESY OF; STACY GORELICK; STREETER LECKA; MERT'S HEART AND SOUL; VISIT CHARLOTTE.

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3. FOR THAT SMALL-TOWN FEEL

Dilworth (*dilworthonline.org*)

"Technically this is the suburbs, but it's only a few minutes from uptown and it's accessible by light rail. You can spend a whole day walking around East Boulevard, which I call 'boutique central.' It has something for everyone. Charlotte Yarn has an incredible yarn selection and chairs so you can sit and knit. Paper Skyscraper has everything from the most fabulous wrapping papers, gift bags and tissue papers to beautiful coffee table books and the best greeting cards," says Stacy. When you get hungry, she recommends Fran's Filling Station. "It's one of my favorite places to go for lunch and dinner. I've known Fran for years—she's always there mingling with the guests and making sure they're happy. She makes gourmet comfort food like slow-roasted beef and special meatballs. She just won an award for the best french fries in Charlotte."

4. IF YOU'RE LOOKING FOR THRILLS

U.S. National Whitewater Center (*usnwc.org*)

"You can spend whole days there and never do the same thing twice: zip lining, rock climbing, ropes courses, kayaking, white-water rafting. It also has beautiful hiking trails. It's about a 20-minute drive from uptown, and you can get an adult day pass for $49, or $29 for kids. It sounds kind of pricey, but it's totally worth it."

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AL SAYS, "WHAT MAKES YOU THINK I'M OBSESSED WITH TENDER, JUICY, CHEWY, MEATY MORSELS?"

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REAL DOGS EAT MEAT.™

5. FOR HISTORY BUFFS

Hezekiah Alexander Homesite (*charlottemuseum.org*)

"Alexander was a blacksmith and farmer who moved to Charlotte from Maryland in the 1750s, and built this stone house right around the time of the Revolutionary War. Kids can learn everything about colonial times in North Carolina. I recently took my son's class on a field trip there and a lady greeted us at the door in 18th-century clothing. Weekend guides dressed in period clothing demonstrate things like weaving, open-hearth cooking and gunmaking. It's great for kids. And the grounds have a stream and gardens—perfect for a picnic lunch."

6. THE BEST BARBECUE IN TOWN

Mac's (*macspeedshop.com*)

"Barbecue is major here, and Mac's is easily the best. My husband absolutely loves the brisket. The place is officially called Mac's Speed Shop because it used to be an auto shop. It still attracts a lot of bikers—there are all these motorcycles parked out front, and then you go inside and it's a mix of bikers, businessmen and families. Just going there is an experience."

7. CULTURE, CHARLOTTE STYLE

Bechtler Museum of Modern Art (*bechtler.org*)

"This was the private collection of Andreas Bechtler, a longtime Charlottean, and his family. The collection is incredible: works of art by Picasso, Degas, Max Ernst. For us to have that kind of art here in Charlotte is amazing. There's also the Mint Museum, which was originally the first branch of the United States Mint, but now it's an art museum with American, Ancient American, African, Asian and contemporary art, and the Harvey B. Gantt Center for African-American Arts and Culture. In the past few years we've had a real art boom in the city."

8. DINNER FOR JUST THE TWO OF YOU

Barrington's (*barringtonsrestaurant.com*)

"It's a beautiful, intimate setting without being pretentious, but it's on the expensive side, so save it for a special night out," says Stacy of the restaurant, which seats only 45. "It's always crowded, but if you get there a little early and grab a spot at the bar, you can chat with the manager and the staff, who are all so knowledgeable about the food. My favorite meal is the gnocchi with the veal ragout… whenever I go, I always hope I'll try something new, but I usually end up getting pulled right back to the gnocchi."

9. A NIGHT OUT

EpiCentre (*epicentrenc.com*)

"EpiCentre is a great place to spend a big chunk of time with your family. It's kind of like an outdoor mall with shops, restaurants, bars, a movie theater and a bowling alley. It's definitely the place to go for a fun night out." **wd**

Interview by Brooke Nevils

WIN A TRIP TO ST. CROIX!

One lucky reader will receive a seven-night stay in a beachfront luxury guestroom for two at Divi Carina Bay Beach Resort in St. Croix (*divicarina.com*), which includes daily breakfast, two one-hour spa treatments and a complimentary round of mini-golf. Enter to win online: *womansday.com/giveaways*. For a list of winners: *womansday.com/winners*

OPPOSITE PAGE, FROM TOP, COURTESY OF: VISIT CHARLOTTE/PATRICK SCHNEIDER; CHARLOTTE MUSEUM OF HISTORY; VISIT CHARLOTTE. THIS PAGE: COURTESY OF CARINA BAY BEACH RESORT.

Are your child's ADHD symptoms controlled after the last school bell?

Visit vyvanse.com to save $50 off your first prescription.

Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

CONSISTENTLY Vyvanse™ (lisdexamfetamine dimesylate) capsules

VYV-01350 12/09

Vyvanse™ CII (lisdexamfetamine dimesylate) capsules

20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD. Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse. Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away. This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 04/2010 VYV-01811

Shire

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00 AM
Took Vyvanse & packed my lunch for school.

12:00 PM
Paid attention during class.

5:00 PM
Focused on my lesson.

8:00 PM
Worked on a puzzle before bed.

CONSISTENTLY
Vyvanse™ (II)
(lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION
Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your healthcare provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the previous page.

Shire...your ADHD Support Company™ ©2009 Shire US Inc. VYV-00659 07/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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well styled

WORK ORDER

Between managing a household and juggling a job, you have your work cut out for you. Whether you do your job from home or just need an inbox for the bills, a tidy space will help you mind your own business. Turn the page to see how we rebooted a home office.

ANNIE SCHLECHTER; ON-SET STYLING BY MATTHEW GLEASON.

by Ayn-Monique Tetreault-Rooney Klahre

all in a day's work

An organized, uncluttered space—easier than you think

FOR VICTORIA LOVE SALNIKOFF, paperwork comes with the job. As an art consultant, the 43-year-old mother of three—who spends three days a week in her New York City office and two days working from her Millbrook, New York, home—has piles of contracts and invoices to keep on file. But she'd never actually filed them. Enter WD. In only 24 hours, we created filing systems and added office essentials (shown) to truly make the room work for her.

RIGHT: Shelves, The Container Store. Blue chair, Mitchell Gold + Bob Williams. Rug, Dash & Albert. Lamp, Bellacor. Navy magazine holders, white file boxes and cabinet, Ikea. Desk chair, Pottery Barn. White/light blue boxes and magazine holders, See Jane Work. (For style names and prices, go to Shopper's Guide, page 206.)

document boxes

task lamp

PHOTOGRAPHS BY ANNIE SCHLECHTER
STYLED BY MATTHEW GLEASON

BLUE NOTES
You'll spend more time in your home office if you love the color. We used shades of blue, Victoria's favorite, to create a crisp, soothing palette. Bonus: Using a range of the same shades saves you the trouble of trying to coordinate colors.

family business

Since Victoria's space opens to the backyard, her kids or dog can run through at any moment. So we hauled out the clutter covering the floor, relocated it to orderly wall shelves out of the kids' path and laid down an easy-to-clean indoor-outdoor rug. A plush chair welcomes family members who want to read or do homework while Mom fires off emails. "Now it's an elegant, calm place to work amid a hectic life," she says. "I plan to keep it that way as long as possible!"

CLEAR THE DESKTOP Victoria's desk didn't have drawers, so we added a cabinet to house her most pressing paperwork. Erasable tabs on the hanging files make it easy for her to swap in new projects, then move the documents she no longer needs to the labeled storage on the shelves. Interlocking bins in the top drawer corral supplies and an external hard drive, which holds consolidated data from three laptops that Victoria had been carting from office to office.

HIDE TECH The hard drive of Victoria's computer was buried in cords, so we commissioned a solution from Ana White, founder of **Knock-OffWood.com**. A plank of wood, four caster wheels, 24 screws and less than one hour later, Victoria has a cart to hold her CPU and printer underneath the desk. An open front and back provide access to cords and disk drives. Want to assemble one for your office? Find easy instructions at **womansday.com/cabinet**.

SHOPPER'S GUIDE, PAGE 206

office essentials

Your desk and shelves won't be fully successful unless you get support from some key players. You can rely on these pieces to really get the job done.

task lamp A swivel arm means that you can direct light wherever you need it: on your computer, on your notebook or on reading material. (Earles Draftsman Lamp, $315; **bellacor.com**)

desk organizer Slotted containers in the same color as your desk blend in to streamline the look of your desktop. (Flora Desk Organizer, $11, and Divided Pencil Cup, $6; **designideas.net**)

document boxes Long, flat boxes can contain odd-shaped items (legal documents, kids' artwork). Leave one open on your desk as an inbox, then cover it when you have guests. (Basics Art Boxes, $18 each; **seejanework.com**)

file boxes Use clearly labeled boxes, separated by project (taxes, medical records), to hold hanging files. That way it's easy to find what you need, then pull out the box to work on one task at a time. (Kassett boxes, $9.99 for 2; **ikea.com**)

desk chair An adjustable chair allows you to secure the seat so that your legs are perpendicular to the floor, which encourages better posture and reduces back and neck strain. (Swivel Desk Chair, $399; **potterybarn.com**)

storage cabinet A modular cabinet placed next to or behind your desk gives you more surface area, as well as an enclosed space to stash unsightly electronics, chargers and the like. (Effektiv cabinet, $280 as shown; **ikea.com**)

Dear Doctor,

I have bumps on my arms and body and I don't know why. My boyfriend thinks I'm cold and he's always trying to keep me warm, which okay, I enjoy, but I do not like constantly looking as if I have goose bumps. How can I get rid of my bumps and still keep my boyfriend?

Signed,
Brrrr not!

Dear Brrrr not,

You may have keratosis pilaris. Also called KP or "chicken skin bumps," this problem affects one out of every two people. KP Duty Dermatologist Moisturizing Therapy for Dry Skin is clinically proven to help improve the appearance of this condition. It works to exfoliate dry, crusty bumps while moisturizing skin and reducing the appearance of those pesky red polka dots! Skin is left feeling soft, smooth and boyfriend worthy. For best results, use it with KP Duty Body Scrub with Chemical + Physical Medi-Exfoliation.

Yours smoothly,

Audrey Kunin, M.D.
Founder of DERMAdoctor

DERMAdoctor®
just what the skin doctor ordered®

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the power of 10

Seasons may change, but your entire wardrobe doesn't have to. Stretch your warm-weather wear into fall by adding these essentials

1 WEAR-WITH-EVERYTHING CARDIGAN A twist on the military trend, this gray cotton/rayon wrap warms up a pencil skirt and silk top. On weekends, pair it with a black tee and white jeans. Simply Vera by Vera Wang Military Cardigan, $58; **kohls.com**

2 PRETTY BLOUSE A delicate silk chiffon blouse with detailing at the bodice softens up skinny jeans or a pinstriped skirt. The flowy fit and three-quarter sleeves are flattering on all figures. Line & Dot Antique Peach Silk Blouse, $68; **souslelit.com**

3 TWEED SKIRT A wintry herringbone fabric that hits slightly above the knee is just right for work. Wear it with a bright solid-color top. White House Black Market Herringbone Skirt, $88; **whitehouseblackmarket.com**

4 PATTERNED FLATS Slip on these lace-covered ballet flats with bootcut jeans, tailored skirts or slim cotton pants. The lace is understated enough that it won't clash with other patterns. Newport News Lace Pattern Flats, $29; **newport-news.com**

5 HOLD-IT-ALL BAG A suede satchel in gray complements any color in your wardrobe. It's roomy enough to fit files, kids' snacks, cosmetics and more. Newport News Satchel Bag, $39; **newport-news.com**

BURCU AVSAR; ON-SET STYLING BY MARIANA VERA.

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*On average after one tube, excluding trial size.
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Choose the healthier side of whitening.

6 GRAPHIC SCARF A boldly patterned scarf modernizes your look, and you can keep it on even if you remove your jacket. Nuzzle it around your neck over a T-shirt and jeans or pair it with a coat. Echo Bi Color Abstract Scarf, $42; **echodesign.com**

7 GO-TO TEE Trade in a plain T-shirt for this lightweight rayon top—the pintucked pleats at the shoulders add a subtle dose of femininity. Or top it with a sweater, blazer or light jacket. Simply Vera by Vera Wang Solid Raglan Pleated Top, $40; **kohls.com**

8 NEUTRAL TROUSERS Pair your favorite dressy or casual tops with pants in a versatile rich gray, the color of the season. A wide-leg cut is most forgiving, and the poly/rayon blend makes them super-comfortable. Everywhere Trouser by Old Navy, $29.50; **oldnavy.com**

9 BOOTIES These charcoal suede heels are a natural with your trousers and jeans. Worn with tights, they can also moonlight as pumps with dresses and skirts whose hemlines hit at or above the knee (anything longer paired with booties borders on dowdy). Worthington by JCPenney Ankle Boots, $44.99; **jcp.com**

10 CHUNKY BRACELET A substantial beaded bauble with a hint of sparkle can make an outfit—whether it's a business suit or jeans and a T-shirt. Simply Vera by Vera Wang beaded stretch bracelet, $28; **kohls.com**

DRESS FOR LESS
Get 20% off Newport News's lacy flats and bag (page 84)! Snap on the tag for the code.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

EVERYDAY

confidence

A SERIES

Make-up by Bobbi Brown Cosmetics. Clothing supplied by Ann Taylor.

Ethel: An Inspirational *Woman's Day* Intern

There's one thing I've learned about life, it's that you get back what you dish out. When you're feeling sorry for yourself, do something for someone else, because one day it will come back to you. And for me, it has—that's how I ended up at *Woman's Day*!

So how did I get here? Recently, I found myself in a state of transition. As the sole caregiver for my ailing mother and college-age daughter, I had more than my share of responsibilities. But when I was forced to sell my home and my well-being deteriorated, I knew it was time to take control.

As I sought a way to better my situation, I found Dress for Success. Not only did Dress for Success provide the tools I needed to help myself, it offered me the resources to motivate others to do the same.

I call Dress for Success my "sorority" because it's a sisterhood of incredible women focused on one mission: to empower each other. And when *Woman's Day* asked for a nominee to visit their office for a summer internship, Dress for Success chose me!

Being immersed again in the hustle and bustle of the working world has been truly motivating, and interning at *Woman's Day* is just the icing on the cake. Even the title inspires confidence: *Woman's Day*. It makes you feel good because it's *your* day! And even when times are tough, remember that your day will come. Mine did! But it wouldn't have happened without Dress for Success. Dress for Success taught me that hard work, optimism and perseverance are the keys to success, and I'm using this mantra in my quest to re-enter the working world. Success, here I come!

***Woman's Day* and the Ban® Brand Team are proud partners with Dress for Success**, an organization that instills the confidence women need to be their best. This summer, the Ban® Brand Team helped open the door for Ethel to experience an exciting summer internship at *Woman's Day*!

Visit **dressforsuccess.org** to learn more, donate your time and inspire another fabulous woman just like you.

ENTER NOW!

Snap the Tag above or go to **WomansDay.com/diary** to enter the **Guaranteed Confidence Sweepstakes*** for your chance to win an assortment of Ban® products. A new winner will be selected every week!

Ban® deodorants are the effortless, easy choice for the confident you. You get excellent 24-hour odor and wetness protection in the invisible solid, roll-on or clear gel antiperspirant and deodorant forms, that keeps you fresh and cool with all your daily activities. Don't Sweat the Small Stuff™.

DRESS FOR SUCCESS®

*NO PURCHASE NECESSARY. VOID WHERE PROHIBITED. To enter, and for rules and more details, go to www.WomansDay.com/diary from August 3, 2010 to September 30, 2010.

Deadlines
Ex-boyfriend
The client
The boss
Other Ex-boyfriend
Performance review
Bills
Red eye...middle seat

Perhaps a quick massage.

Get fast, soothing relief for neck and shoulder aches and pains anytime, anywhere. With a vanishing herbal scent and non-greasy feel, Tiger Balm Neck and Shoulder Rub is perfect for any stressful situation. For details and promotions, visit mytigerbalm.com.

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STYLE IS AN OPTION. **CLEAN IS NOT.**

Tide Plus Febreze freshness SPORT

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best in show

Go bold or create a subtle glow—anything goes this season! Here are our favorite beauty essentials that will hit shelves this fall.

◀IN THE BUFF Draw on color and define your lips with Tarte Exposed LipSurgence Natural Matte Lip Stain in Nude. It's formulated with jojoba oil to soothe lips. ($24; **tarte.com**)

▲DEFINING MOMENT Add texture to hair with Redken Wax Blast 10—apply to dry hair from mid-shaft to ends. ($17; **redken.com** for salons)

◀TRIPLE DUTY ANEW Youth-Awakening Eyeshadow & Primer Kit contains a primer to smooth fine lines, a neutral eyeshadow shade, and a highlighter to brighten up tired eyes. ($12; **avon.com**)

▲SMART MAKEUP Stila Custom Color Blush reacts to your skin's pH level to turn into the perfect shade of pink for you. ($20; **stilacosmetics.com**)

◀TURN UP THE HEAT Beyoncé Heat combines notes of red vanilla orchid and amber to create a spicy-floral scent. ($49; at Macy's)

▲BRIGHT SIDE Mode Lip Crème Deluxe Lip Shine in Bombshell goes on sheer and flatters all skin tones. ($4; **modecosmetics.com**)

WIN A LIP SHINE

50 lucky readers will win the Mode Lip Crème Deluxe Lip Shine shown at left (retail value: $4). Snap on the tag below to enter.

TODD HUFFMAN

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

Your child could be

one less

person affected by HPV disease.

Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®
[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com 1-800-GARDASIL

Talk to your child's doctor today.

Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

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USPPI
Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued June 2010

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Nothing but softness
for sensitive skin
Downy
feel more
ULTRA
Downy
free & sensitive
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class acts

Two teachers head back to school this fall with a whole new look

PHOTOGRAPHS BY LUCAS ALLEN

makeup

Until now, elementary school teacher Angela Villegas had carried just one thing in her makeup bag: mascara. It's not that she preferred going barefaced; she has just never been quite sure how to apply cosmetics. So New York City–based makeup artist Sonomi Obinata taught Angela a thing or two: First, Obinata hydrated Angela's dry skin with a tinted moisturizer, which evened out her medium skin tone without emphasizing fine lines. Then she brightened undereye circles with a light shade of cream concealer, swept a shimmery silver cream shadow on Angela's lower lids to open up her brown eyes and make them shine, and coated her curled lashes with, yes, black mascara. To give her a natural-looking flush, Obinata blended peach cream blush along her cheekbones with her fingers. And that bright smile? Courtesy of berry lipgloss.

fashion

Since Angela is a hands-on teacher, crouching and kneeling all day helping students, she used to throw on any old thing—usually jeans, a button-down shirt and flats—as long as it was comfortable. But she learned a valuable lesson from WD style editor Donna Duarte-Ladd: You don't have to sacrifice style to dress casually. Duarte-Ladd chose a pair of sleek, tailored denim pants and an eye-catching cotton top with a ruffle embellishment. Peep-toe stacked heels add height but are comfortable enough for her to be on her feet all day.

Angela Villegas, 47, of Brooklyn, NY

"I did this makeover for my daughter. I want her to be proud of her mom and see me as a role model."

Eileen Cambria, 57, of Westfield, NJ
"With my son's wedding and a new school year approaching, I wanted to get back to me—only with a smaller waistline."

makeup

Elementary school principal Eileen Cambria's fair skin tends to get reddish along her cheeks, nose and chin, so Obinata brushed on foundation in sweeping strokes to even out her ruddy complexion. Since Eileen's brows are sparse, Obinata filled them in with a light brown brow pencil, which looks natural with her new haircolor (tip: Swipe the pencil in the direction the hair grows). To brighten her blue eyes, Obinata lined the top lashline and the inner corners of Eileen's eyes with a pearly highlighting pencil. The finishing touches: shimmery brown eyeshadow, pink powder blush for a youthful glow, a coat of black mascara and berry lipstain.

fashion

Eileen typically hid behind boxy blazers and skirts in dark colors like forest green. Now, her striking haircolor—and slimmer figure—command attention, so Duarte-Ladd introduced pastels into her wardrobe. She paired this silky pink top with a pencil skirt to provide subtle color and shape without overshadowing Eileen's face. Nude T-strap heels make legs look long and lean.

Hair, Cutler/Redken Salon, New York City; clothing & accessories, compliments of JCPenney; shoes, Aerosoles.

WIN A NEW LOOK

Like the looks you see here? We can help you get started on a makeover of your own! Five readers will each win a $50 gift certificate from JCPenney. Snap on the tag to enter.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

the transformation

angela took 10 years off her look and gained a well-deserved sense of confidence

"Goodbye, dull gray hair—I look and feel beautiful. I wonder if my daughter will recognize me?"

● Coloring her hair was the last thing on Angela's mind this year: The pre-K through 2nd grade science teacher at P.S. 11 in Brooklyn, New York, weathered a divorce and a diagnosis of breast cancer, all while trying to keep things status quo for her 6-year-old daughter, Mondriana. After recently finding a second lump in her breast and worrying that the cancer had spread, Angela decided she was ready to take control of her life. "My new motto has become: Fix it and move on," she says. "I took a look in the mirror and realized the first thing that had to go was my out-of-control gray hair." This year, she'll return to her plant- and animal-filled classroom renewed in more ways than one. "The students are going to think a new, young teacher was hired," says Angela. "My self-confidence is back and I feel ready to battle whatever comes my way."

eileen dropped 30 pounds and picked up tricks for showing off her trimmer waistline

"I grew up a redhead and feel like the younger me is back! My hair looks so shiny and healthy—I love it."

● Eileen has been shaping young minds for 33 years—first as a stay-at-home mom for 12 years to her three children, Don, 33, Andrew, 30, and Clare, 27, then as an elementary school teacher at Benjamin Franklin School in Westfield, New Jersey. After a stint as assistant principal in another township, she returned to Benjamin Franklin three years ago as principal. "My job has been so rewarding but also time-consuming," says Eileen, who's been married to her husband, Don, for 36 years. "I didn't have time for anything, including exercising." This past year, however, she finally gave herself an assignment she was determined to ace: Slim down. She joined Weight Watchers, cut bread and pasta from her diet, and started taking Zumba Latin dance classes at the gym twice a week. Eleven months later, her hard work registered on the scale with a 30-pound weight loss. "I'm returning to school this year with a brand-new look," she says, "and lots more confidence."

CONSULTATION Rachel Bodt, colorist at the Cutler/Redken Salon in New York City, suggested returning to Angela's natural brunette color, but wanted to brighten things up with caramel blonde highlights throughout her hair.

COLOR Bodt applied permanent color, which requires touchups roughly every eight weeks (the highlights, twice a year). To stretch salon visits, though, she can cover gray roots with an at-home kit such as L'Oréal Paris Root Rescue 10 Minute Root Coloring Kit. ($7.99; at drugstores)

CUT Angela's bulky, shapeless cut was weighing down her curls, making her hair look frizzy. Brad Wandrey, stylist at the Cutler/Redken Salon, shortened the length and snipped in face-framing layers to loosen up the curl.

STYLING The wash-and-go cut only needs to be dried with a diffuser while scrunching curls for body. Tip: Color-treated hair can dry out quickly, so it's a good idea to lock in moisture with a weekly treatment like Nexxus Humectress Hydrating Treatment Deep Conditioner. ($14.99; at Walgreens)

CONSULTATION Eileen's blonde and gray hair color combination was completely washing out her pale complexion, making her look older. Bodt decided to update Eileen's natural strawberry shade to a vibrant, warmer copper hue.

COLOR Colored hair only needs to be washed four times a week, but Eileen likes to wash and blow-dry it every day, which can cause color to fade fast. To boost color and promote shine, she can spritz on a heat-protecting spray like Samy Heat Guard Heat Protection before drying. ($4.99; *cvs.com*)

CUT Heather Packer, stylist at the Cutler/Redken Salon, gave Eileen a modern bob with lots of layers to reduce puffiness at the bottom. Side-swept bangs look polished. The best part: The style can be worn curly or straight.

STYLING Packer gave Eileen lots of volume along the crown by applying a volumizing spray (we like Pantene Pro-V Fine Hair Root Lifter Spray Gel, $3.99; at drugstores) to damp hair from roots to ends. For fuller hair, blow-dry it in the opposite direction from where you want it to lie. wd

NEW FROM

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thin design for comfort

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Absorbency and discretion are in this season; TENA introduces the first Ultra Thins for moderate and heavy bladder protection. A revolutionary new core fits our super absorbent microbeads into a smaller space. It's heavy protection in a thin pad. For a free sample call 1-800-781-3298 or visit www.TENA.us

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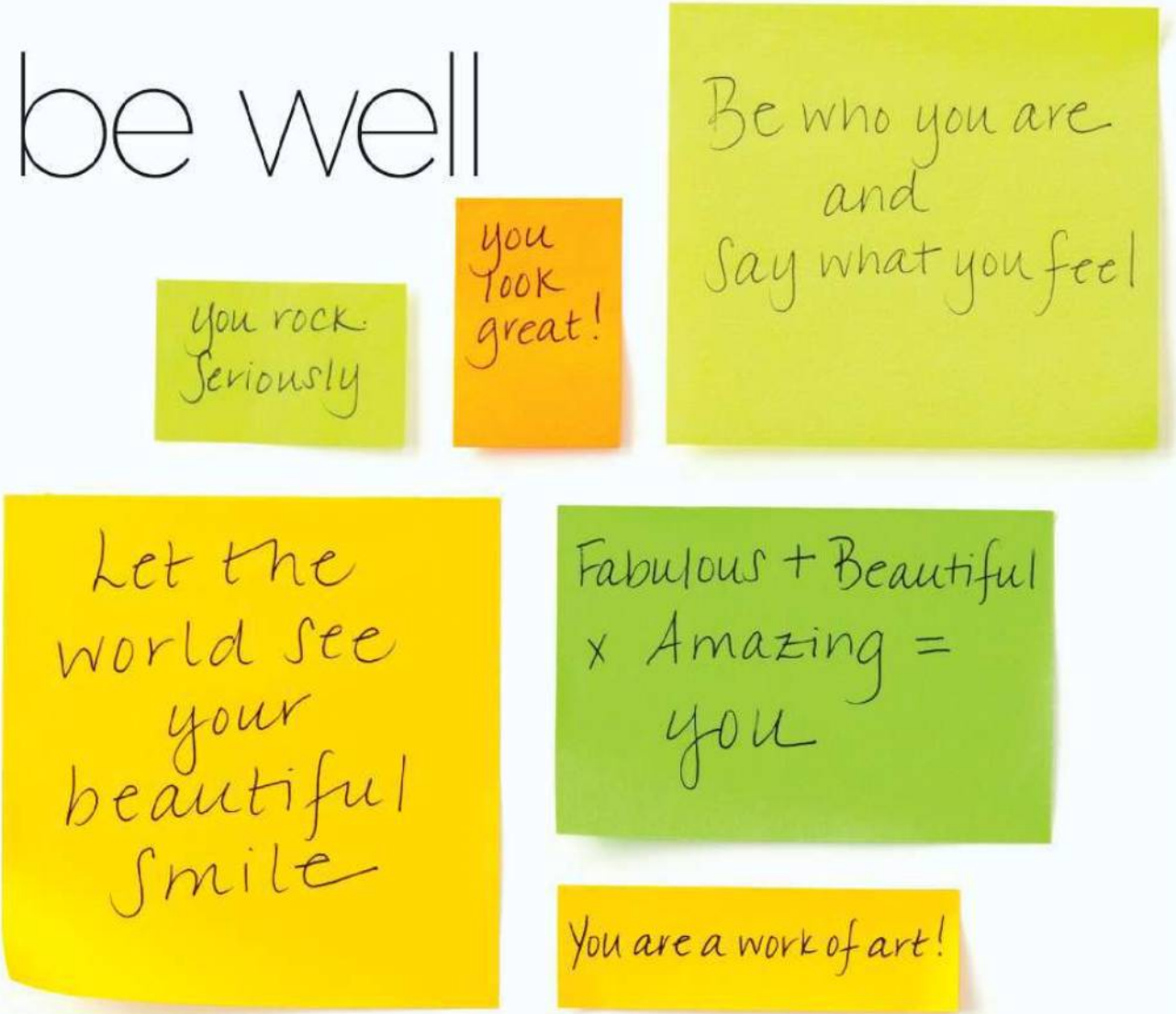
be well



"SMILE, YOU'RE AMAZING"

Imagine opening a menu and seeing that phrase written on a Post-it note inside. Or seeing "You are beautiful at any size" tacked to a dressing room mirror. Operation Beautiful founder Caitlin Boyle hopes that just might happen sometime soon. Her project encourages women to put Post-its with uplifting body image messages in random places (such as inside bathroom stalls and on the covers of library books). "We need to replace 'fat talk' with positive exchanges," says Robyn Silverman, PhD, body image expert and adolescent development specialist in New Jersey. To participate, go to **operationbeautiful.com** or pick up Boyle's new book, *Operation Beautiful.*

KATE SEARS; PROP STYLING BY GERRI WILLIAMS.

by Abigail L. Cuffey

HEALTH FIX

great grains

Ditch the refined kind in favor of whole grains: A recent study found that women who ate the most refined carbs (like white bread and cornflake cereal) had double the heart disease risk of those who consumed the least. So order brown rice instead of white and bake your next homemade pizza with a whole-wheat crust.

AVOID SMOKE, SAVE YOUR SINUSES

Most people who suffer from chronic sinus infections (a.k.a. sinusitis) blame them on allergies, genetics or bad luck, but secondhand cigarette smoke is the main culprit in nearly 40 percent of cases, according to a recent study.

DOC, LET'S TALK

A doctor's appointment can be over in the blink of an eye, so making the most of your time is crucial, says Mark Lachs, MD, author of the upcoming book *Treat Me, Not My Age*. His advice:

1. Prepare. Jot down any symptoms or specific concerns you have before your appointment. Also brush up on your family history; it can help your doctor decide whether and when to screen you for certain conditions.

2. Mention your main problem first. Even if you have 15 things you want to discuss, pinpoint one or two chief complaints and tell the doc about them up front. "Doctors are so busy, and as much as they try to stay focused, it's difficult," says Dr. Lachs. "Narrowing things down will help ensure that your most pressing problem gets addressed."

3. Share major life events. Telling the doc about your recent job loss or divorce isn't just idle chitchat: It can actually help her assess your physical and mental health and provide you with better care.

4. Confirm what happens next. As your appointment wraps up, find out what the next steps are. Will your doctor call you with test results? Should you call or wait for a letter in the mail? Do you need to see a specialist or return for a follow-up?

get smart about pet allergies

Confusion reigns when it comes to how and why our furry friends make us sneeze and wheeze. Sakina S. Bajowala, MD, a member of the American Academy of Allergy, Asthma and Immunology, sets us straight.

It's not the hair. The allergen is a protein that's found in saliva, urine, oil glands and dead skin cells, so a short-haired dog or hairless cat isn't always "safer."

No pet is completely hypoallergenic. Some animals are bred to have lower levels of certain allergens, but you could be bothered by different ones.

The amount of allergen varies from not by the breed or species. You could play with your sister's schnauzer for hours without so much as a sniffle but break into hives upon meeting your neighbor's.

Bottom line: If you can, try temporarily living with Fluffy before you commit.

FROM LEFT: RITA MAAS/GETTY; GETTY; SHUTTERSTOCK.

A steady diet of love starts with the proper nutrition.

PURINA® PRO PLAN®

PetSmart® now carries more specialty brands than ever. Introducing new Pro Plan Shredded Blend Large Breed Adult, Weight Management and Adult 7+ formulas. Each dry variety features a savory blend of crunchy kibble and tender shredded pieces to give your pet 100% complete and balanced nutrition. And new Pro Plan Shredded wet varieties help promote ideal body condition and a strong immune system. Find them all at PetSmart, the best place for specialty food.

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the exercise cure

It's well-known that exercise boosts the production of feel-good chemicals in your body called endorphins, but you can reap even more benefits by choosing the workout that can best "treat" your negative emotion, says Karol Ward, psychotherapist and author of *Worried Sick*.

- If you're **angry** that your neighbor had the nerve to complain about your messy lawn, try kick-boxing or a game of tennis. The physical act of hitting something will help you release energy and hostility.
- If you're **worried** about your child starting a new school and can't stop ruminating over every little thing that might happen, try yoga or ballet. The slow, meditative movements help calm your mind.
- If you feel **powerless** after losing your job, try strength or resistance training. Studies show that as you increase your physical strength, your confidence gets a lift as well.

stay sharp with WD

Last month we introduced you to sudoku (the solution is on page 207); now we're going to shake it up with word scrambles. The jumbled words below can be found somewhere in the pages of this issue's Be Well section. Unscramble the letters, then check out *womansday.com/answers* or the next issue to see if you're right:

PKCUHEC
TMLMNIUIVTAI
SNEOMHRO
KIWGLAN
TNSEISF

WIN A BRAIN BOOST

HAPPYneuron.com offers fun games to sharpen attention, memory and visual-spatial skills. Four readers will win an annual subscription, a $99.95 value. Snap on the tag to enter.

[FIX IT!] A PROPER PUSH-UP

"There are very few exercises that use as many upper-body muscles in one movement as the push-up does. It's a triple threat that can give you sculpted shoulders and arms and a toned back," says **BILL TRIMBLE**, a certified trainer based in New Jersey. The flip side: Do it wrong and you can strain multiple areas of your body—plus you won't see any of the benefits.

WRONG

Many people spread their hands too wide, which stresses your neck and shoulders. Letting your back sag and tummy drop toward the floor is another common mistake; it can also cause lower back pain.

RIGHT

Keep hands shoulder-width apart and your body—from knees to top of head—in one straight line. Keep tummy tight and elbows close to your body as you slowly lower down, stopping when your face is a few inches from the floor.

FROM TOP: GETTY; KEITH LATHROP (2).

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

COPD left me short of breath. Now I take SYMBICORT. 160/4.5

It's a maintenance medication that helps significantly improve my lung function starting within 5 minutes. And it makes a significant difference in my breathing.*

*Results may vary.

Remember, SYMBICORT does not replace a rescue inhaler for sudden symptoms.

Talk to your doctor about SYMBICORT today.

FREE PRESCRIPTION OFFER†

Call 1.888.312.0793 or visit MySymbicort.com/offer

†Subject to eligibility rules. Restrictions apply.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information about SYMBICORT for COPD

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting beta$_2$-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

Approved Uses for SYMBICORT for COPD

SYMBICORT 160/4.5 is approved for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-888-312-0793 or go to MySymbicort.com/offer.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Visit **www.MySymbicort.com**
Or, call **1-866-SYMBICORT**

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

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You're tough. But your underarms are tender. So get protection and comfort with dermatologist tested **Secret Clinical Strength Sensitive Skin.** It's prescription strength wetness protection even for women with sensitive skin.
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Ready, Set, Relax

Top tips to help UnitedHealthcare members save time and manage health care expenses

Making the right health care choices is easier when you take advantage of tools that can steer you in the right direction. If you are a UnitedHealthcare member, be sure to log in to myuhc.com® and explore. There, you'll find helpful cost estimators, online prescription refills, online statements organized for your convenience, and a host of other tools designed to help you manage your time and save you money.

Estimate costs ahead of time

Use the Treatment Cost Estimator to see and compare costs for a doctor visit or a hospital stay ahead of time.

How it works

Log in to **myuhc.com** and select the Treatment Cost Estimator

Select a **medical treatment**

Select one or more **physicians**

Get **estimates** you can review and compare

UnitedHealthcare makes it easy to save time and manage health care expenses. **Visit myuhc.com**

Not a member?
Find out more about UnitedHealthcare plans at welcometouhc.com

Quicken Health Expense Tracker

Conquer the clutter

It's easy to manage health care expenses and records with Quicken Health Expense Tracker℠ UnitedHealthcare members agree:

"I love the easy payment online feature."

"This is great. I thought I was going to have to go through all my [tax year] records."

"Awesome. It saved me a ton of time trying to figure out where all my money went in our medical expenses."

"I think this tracker is ideal. I find it much easier to view a consolidated analysis of my overall health plan."

Quicken Health Expense Tracker℠ is available at no cost to UnitedHealthcare members.

Snap for your chance to win

Snap on the WD icon with your smartphone, and you could win an iPod touch® from UnitedHealthcare.

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iPod touch is a trademark of Apple, Inc., registered in the U.S. and other countries.

Wow, that was easy.

Quicken Health Expense Tracker℠
Available to UnitedHealthcare members on myuhc.com

What do you want to do today? Head to the beach with the family? Or, sort through medical claims, trying to figure out what you owe versus what's covered by your health plan? We're guessing the beach.

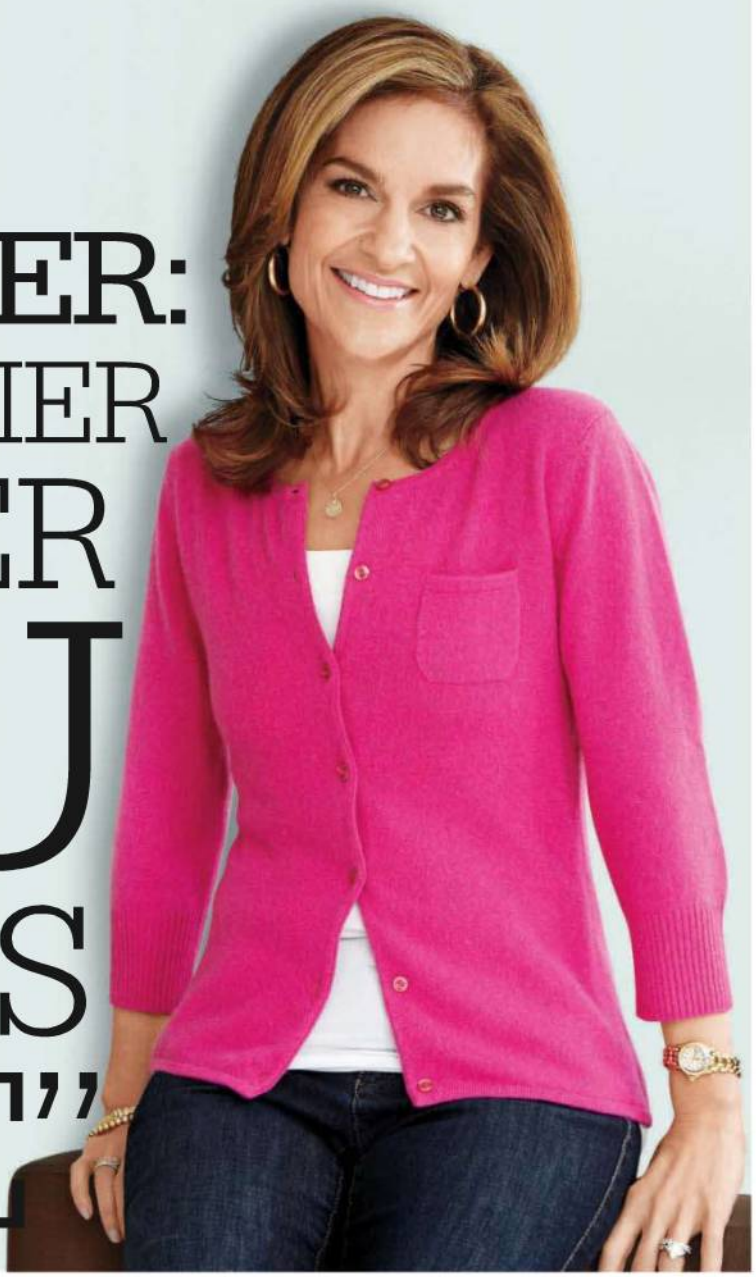
With the UnitedHealthcare Treatment Cost Estimator, learning the costs of a clinic visit or hospital stay ahead of time is done in an easy, online minute. Then, Quicken Health Expense Tracker℠ helps you see how much you owe, if anything, and manage your claims and payments. No confusion, no paper, no fuss.

Soon, you're out the door.

Tools that help you save
As a UnitedHealthcare member, you have access to easy online tools that help you save money on health care expenses and time managing your claims.

UnitedHealthcare®

JOY BAUER: "A HEALTHIER SLIMMER YOU STARTS HERE"



JIM BASTARDO; HAIR BY BELINDA ZOLLO AT KATE RYAN INC. FOR BUMBLE & BUMBLE; MAKEUP BY NIKKI WANG.

WOMAN'S DAY SLIMDOWN WITH JOY BAUER

Losing weight is no piece of cake. That's why we're partnering with Joy Bauer, America's favorite nutritionist and *TODAY* show contributor, to bring her diet know-how and inspiration to you! Our goal: to get you fit by the start of the new year. You'll find Step 1 of the plan here, then go to **womansday.com/slimdown** to follow the rest of the diet. And be sure to check out the magazine every month as Joy helps you tackle the obstacles.

Every diet starts with passion for action. It takes time and an ocean of emotional energy to face the reality of excess weight and admit the need for change. I believe that if you're going to expend all that energy, you should get something more than broken promises, disappointment or a temporary drain of water weight. You deserve something spectacular for your efforts. Trust me when I tell you that it is possible to transform more than just your waistline—you can lose weight and improve nearly every aspect of your life. This is by far the absolute best gift you'll ever give yourself. I know the power of my diet firsthand ▶

What is Small, Red, Powerful and Supports Cardiovascular Health?

ACTUAL SIZE SOFTGEL SHOWN

COMPARE TO FISH OIL

	Just 1 Small Softgel Per Day	Powerful Antioxidants	Contains Omega-3 Fatty Acids	No Fishy Odor or Aftertaste
MegaRed® Softgel	✔	✔	✔	✔
Fish Oil Softgel			✔	

May Reduce the Risk of Coronary Heart Disease†

Schiff® MegaRed® contains oil from pure Antarctic krill, tiny crustaceans that thrive in the frigid waters of the Antarctic. **MegaRed®** provides an optimal combination of omega-3 fatty acids, phospholipids and critical antioxidants to support heart and joint health.

Unlike fish oil, **MegaRed®** omega-3 fatty acids are mainly absorbed and carried to the body's cells in phospholipid form. Phospholipids form the structural basis of cell membranes, so **MegaRed®** phospholipids with omega-3 fatty acids are easily recognized, incorporated and utilized by the body.

Just one small, easy-to-swallow softgel per day. Quality tested for purity.

For more information, visit www.SchiffMegaRed.com or call 1-800-526-6251

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† **Supportive, but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.**

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553-E1

(after all, I eat too!) and from an overwhelming amount of positive feedback from countless personal clients. Over the years, those who followed my diet have collectively dropped millions of pounds.

The plan takes you through your transformation in four mistake-proof steps. But of course you have to bring something to the table (both literally and metaphorically):

- **change your mind.** Go in thinking positive. Starting a diet is an act of courage, hopefulness and success—not a mark of failure.
- **change your eating style.** I'm sure it's obvious that unhealthy habits aren't worth keeping, but ditching them can be tricky. Every family has a set of rituals, recipes and cooking styles passed down from generation to generation. Though these are a part of who you are, you may have to reevaluate and adapt them.
- **change your loyalties.** If you identify with food, separate yourself. Whenever you find yourself defending poor food choices because they are something you "always" do, stop. You are not a collection of bad habits. What you are is a person who wants to lose weight and become healthier. Always remember: You are more than food. You are stronger than a craving. You are more complicated than a habit. You are more thoughtful than mindless eating. ▶

4 steps to thin forever

No matter how much weight you want to lose, you can accomplish anything in just four steps.

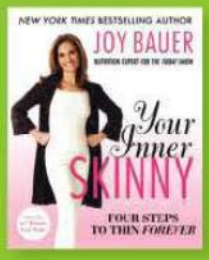
>1 **release** is a single intensive week of stripping away negative habits.

2 **relearn** is two weeks during which you "reprogram" your appetite and discover the joys of healthy eating.

3 **reshape** lasts until you reach your goal weight. Along the way, you learn how to create physical, psychological and nutritional wellness.

4 **reveal** is about reveling in your diet success. Once you get here, you don't ever have to go back to the old you. Give the big clothes to Goodwill—this weight loss is here to stay.

So let's get started!



Adapted from *YOUR INNER SKINNY: Four Steps to Thin Forever* by Joy Bauer. Copyright 2010 by Joy Bauer. Reprinted by permission of William Morrow Cookbooks, an imprint of HarperCollins Publishers.

step 1:

all about release

FIRST OF ALL, I want you to let go of all your memories of previous diets and any body-related disappointment. This is a new day, a new program and your new beginning. During Step 1, you'll break free of food cravings and negative eating patterns. Think of this as a week dedicated to reprogramming your appetite and taming those heavy-snacking demons.

ULTIMATELY, Step 1 is about releasing yourself from excess weight. This is a jump start to dropping pounds, purging bloat and shrinking your waistline. It sets up the good habits, patterns and skills that you'll carry through to the end of the program. This is the strictest of all the steps, but remember, it's just one week!

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Well-Being.

The Little Things Go A Long Way.

Exercising and playing more.

Eating a little smarter every day.

Spending more family time together.

Well-being. Purina® Cat Chow® brand Cat Food helps you nurture it in your cat, with a full family of nutritious products and helpful resources.

catchow.com

Share A Better Life.™

step 1: foods allowed at meals

You'll find these foods in the Step 1 menus (page 128); use this list to swap items within the same food category. For example, you can substitute 5 ounces of chicken for 5 ounces of pork or a HALF serving of grapefruit for a HALF serving of cantaloupe. Just remember to keep portion sizes the same (nonstarchy vegetables are also interchangeable, but portions are always unlimited!).

meats
(lean cuts only):
- Bottom round
- Buffalo
- Eye of round
- Filet mignon
- Flank
- London broil
- Pork tenderloin
- Sirloin
- Top round
- Veal
- Venison

fish /seafood
- Anchovies
- Catfish
- Clams
- Cod
- Crab
- Flounder
- Haddock
- Halibut
- Lobster
- Mackerel (Atlantic only)
- Mahi-mahi
- Mussels
- Oysters
- Red snapper
- Salmon (wild)
- Sardines
- Scallops
- Shrimp
- Sole
- Tilapia
- Trout
- Tuna (canned light in water)
- Whitefish

poultry
(skinless only):
- Chicken breast
- Chicken breast, ground (at least 90% lean)
- Chicken thigh
- Cornish hen
- Ostrich
- Turkey breast
- Turkey burger (lean)
- Turkey thigh
- Turkey, ground (at least 90% lean)

eggs
- Egg whites
- Egg substitute

vegan proteins
- Soy milk (lowfat/light)
- Soy yogurt (nonfat and lowfat)
- Tempeh
- Tofu
- Vegan cheese (nonfat and lowfat)
- Veggie burgers
- Wheat gluten/ seitan

dairy
- Cheese, fat-free (all varieties)
- Cheese, reduced-fat (all varieties)
- Cheese, Parmesan
- Cheese, Romano
- Greek yogurt (nonfat)
- Milk, nonfat or 1% lowfat
- Yogurt, nonfat plain and vanilla (no artificial sweetener)

vegetables
(nonstarchy only)
- Artichokes
- Asparagus
- Beans, nonstarchy (Italian green, yellow, wax) ▶

advice for success

Soon this style of healthy eating will be second nature. But until then, I have a few suggestions to increase your chances for weight-loss success.

forget everything you think you know about dieting. Don't worry about counting carbs or calories. Don't compare this diet with other diets you may have tried.

eat on a schedule. Try to eat breakfast within the first hour and a half after you wake up, and if at all possible, finish eating dinner no later than 9 P.M. In between are lunch and one snack, which should allow you to eat something at least every five hours.

plan for your meals. If you get hungry and haven't planned ahead, you're more likely to grab something processed, or sugary, or fatty. Before you start, go grocery shopping for all the foods you'll need for the coming week's meal plan so you'll never be caught unprepared. Each night, check your meal plan for the following day so you know what to expect and can prep accordingly.

stock up on "unlimited" foods (page 122). Keep plenty of these foods and beverages on hand so they're ready to grab when you want—or need—them.

Consider taking a daily multivitamin. Eating a wide variety of foods is the best way to get all the necessary vitamins and minerals, and the only way to get many disease-preventing nutrients. But I recommend taking one multivitamin per day simply as an insurance policy.

ALL ILLUSTRATIONS: SHUTTERSTOCK

someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms – help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

takeonasthma.com

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:
- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:
- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:
- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:
- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:
- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:
- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:
- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:
- increased bleeding tendency
- allergic reactions (including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching)
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**
- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:
- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

Issued August 2009

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AUG20

Breakfast is big news.

Nutritionists everywhere are talking about the importance of breakfast. But do you know why?

- Skipping breakfast makes you hungrier and more likely to grab a high-calorie, fatty snack mid-morning.
- A nutritional boost first thing in the morning helps your body get energized for the day ahead.
- Skipping breakfast is associated with other lifestyle factors, such as smoking, infrequent exercise, dieting and concerns about body weight.
- Scientific evidence suggests that eating breakfast on a regular basis can help reduce health risk factors for becoming overweight or obese, coronary heart disease, hypertension, elevated cholesterol, type 2 diabetes and some cancers.

Want a smart breakfast?

If you want something hot, delicious and smart, try a Smart Ones® Morning Express™ breakfast. Hot and toasty, with tasty ingredients like fluffy eggs, melted cheeses and crisp turkey bacon, these breakfasts have no more than 250 calories and seven (7) grams of fat. They're easy too—a few minutes in the microwave and you're good to go!

Choose from six yummy varieties:

NEW Ham and Cheese Scramble

NEW Cheesy Scramble with Hashbrowns

Canadian Style Bacon English Muffin Sandwich

English Muffin Sandwich

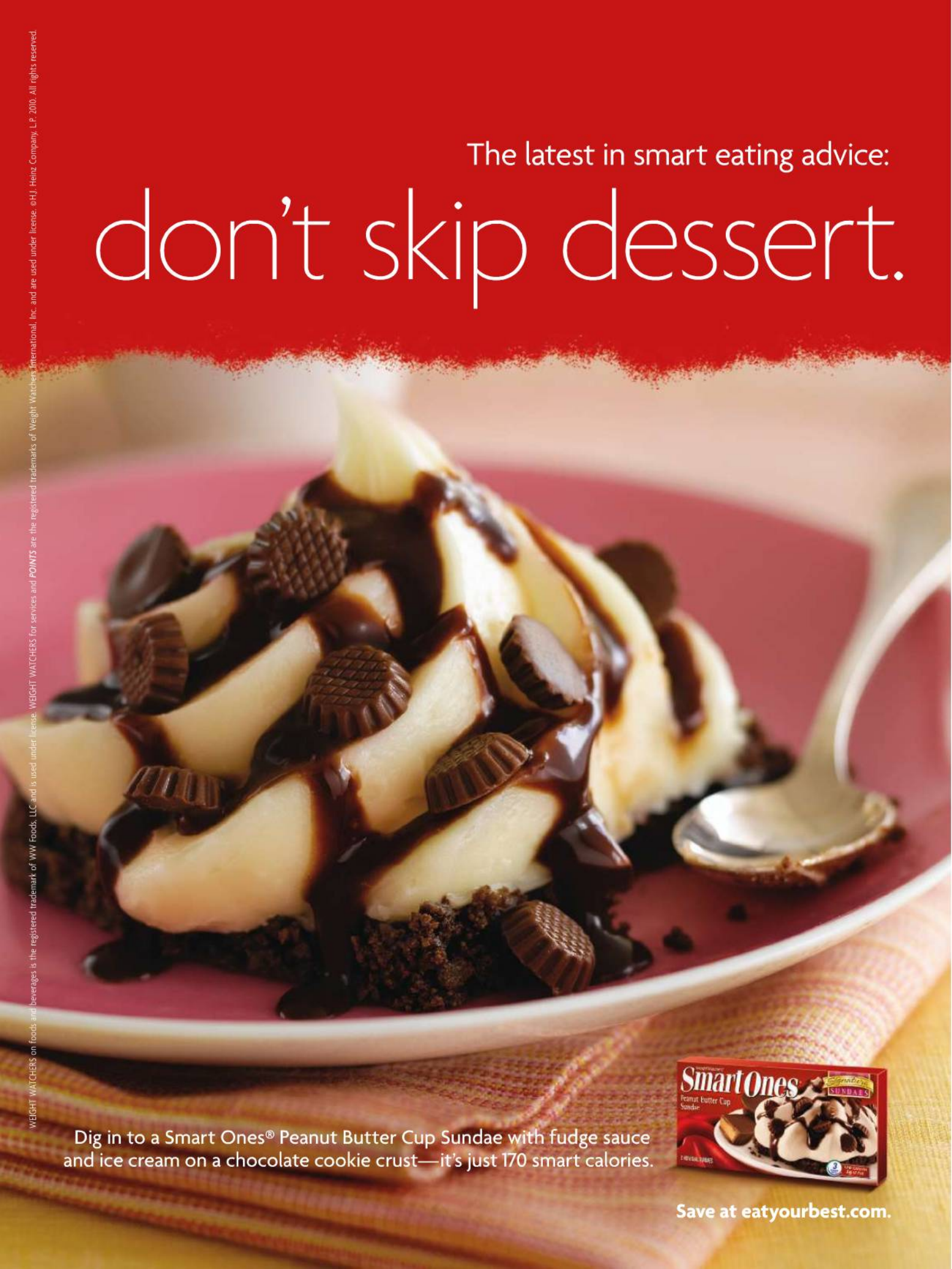
Breakfast Quesadilla

Stuffed Breakfast Sandwich

Weight Watchers Smart Ones

The latest in smart eating advice:

don't skip dessert.



Dig in to a Smart Ones® Peanut Butter Cup Sundae with fudge sauce and ice cream on a chocolate cookie crust—it's just 170 smart calories.

Save at eatyourbest.com.

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- Beets
- Bok choy
- Broccoli
- Broccoli rabe
- Broccolini
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Dark green leafy vegetables (kale, spinach, etc.)
- Eggplant
- Fennel
- Jicama
- Leeks
- Lettuce, all kinds (arugula, endive, romaine, etc.)
- Mushrooms
- Okra
- Onion
- Peppers
- Pickles
- Pumpkin (fresh, frozen/canned—must say "100% pure pumpkin," no sugar added)
- Radicchio
- Radishes
- Red peppers, roasted (pat dry)
- Rhubarb
- Scallions
- Sea vegetables (nori, etc.)
- Shallots
- Snow peas
- Spaghetti squash
- Sprouts
- Summer (yellow) squash
- Tomato
- Water chestnuts
- Watercress
- Zucchini

whole grains
(Note: Whole grains are incorporated into Step 1 menus only within specific breakfasts and lunches, and some snack options. Eat whole grains only when designated.)

- Mini whole-wheat pita bread (no more than 70 calories)
- Reduced-calorie whole-wheat bread (no more than 45 calories per slice)
- Rice cakes (stick with plain, 45 calories per rice cake)
- Wheat germ
- Whole-grain bread (any brand that lists "whole wheat" as first ingredient)
- Whole-grain cereal (any brand 150 calories or less per 1-cup serving; no more than 8 g sugar; at least 3 g fiber)
- Whole-grain oats (plain flavor only; traditional, quick-cooking, or steel-cut oats)

fruit
(Note: Fruit is incorporated into Step 1 menus only within specific breakfast, lunch and dinner recipes, and some afternoon snack options. Eat fruit only when designated for a particular meal. Make a careful note to only eat the amount ▶

step1: dos & don'ts

My diet has some very specific rules that help make it work. Follow the dos as closely as the don'ts.

don't

>> add sugar or other natural sweeteners (including honey, agave and stevia) to anything.

>> use artificial sweeteners or drink diet beverages that contain them. (You'll have a chance to choose them later in Step 2, day 8, of the diet.) They may not have the calories of sugar-sweetened foods, but you can't be free of a compulsion to eat sweet if you're constantly reminded of sweetness. This cold-turkey approach may feel harsh, but for now, it is the best way to purge unhealthy habits and move forward with a clean palate. If you have diabetes, see the section on page 131 to find out about exceptions to this rule.

>> eat processed foods.

>> add salt to anything.

>> drink alcohol. You'll be able to choose it in step 2, as early as day 8.

>> eat any foods that are not on the "Allowed" list.

>> eat starches during or after dinner. Although many starches are healthy and generally good for you, they're also calorie-dense. And because starches taste good and have a lovely smooth texture in the mouth, we tend to overeat them. That's why I ban starches at dinner during Step 1. This strategy has been extremely successful with thousands of my personal clients.

do

>> eat on a schedule and enjoy three meals and your afternoon snack each day.

>> drink lots of water throughout the day, including two 8-oz glasses before lunch and two 8-oz glasses before dinner. (Have these before-meal waters up to 30 minutes before eating.) Enjoy as much additional water as you want during meals and throughout the day.

>> start dinner with Skinny Dinner Salad or Skinny Veggie Soup (recipes, page 130).

>> indulge in foods on the Unlimited Foods List (page 122). You can enjoy as much of these foods as you want at any time of day, particularly when you get hungry between designated meal and snack times.

>> feel free to swap meals or ingredients from within the same categories.

>> feel free to repeat a favorite meal or recipe during the week, as many times as you like.

>> exercise for at least 30 minutes each day (walking counts).

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listed—some meals list "HALF servings" and others list "WHOLE servings.")

HALF fruit serving options

- Apple: 1 small (palm-size)
- Apricot: 6 dried halves, or 3 (fresh or dried) whole
- Banana: ½ medium
- Berries: ¾ cup (fresh or frozen, unsweetened blueberries, raspberries, blackberries, boysenberries, or sliced strawberries; or 10 whole strawberries)
- Cantaloupe: ¼ medium or 1 cup cubed
- Cherries (fresh): ½ cup (about 10 whole)
- Clementines: 2
- Fruit salad: ½ cup fresh-cut (unsweetened)
- Grapefruit: ½ (red, pink or white)
- Grapes (seedless)
- Honeydew melon: 1 cup cubed
- Kiwi: 1 whole
- Mango: ½ fresh or ½ cup chunks (unsweetened)
- Nectarine: 1 whole
- Orange: 1 medium
- Papaya (fresh): 1 cup cubed
- Peach: 1 whole
- Pear: ½ large or 1 small
- Pineapple chunks (fresh): ½ cup
- Plum: 1 large
- Pomegranate: ½ medium
- Prunes: 3
- Raisins: 2 Tbsp
- Tangerine: 1 whole
- Watermelon: 1 cup cubed

WHOLE fruit serving options

- Apple: 1 large
- Apricot: 12 dried halves, or 6 (dried or fresh) whole
- Banana: 1 whole
- Berries: 1½ cups (fresh or frozen, unsweetened blueberries, raspberries, blackberries, boysenberries or sliced strawberries; or 20 whole strawberries)
- Cantaloupe: ½ medium or 2 cups cubed
- Cherries (fresh): 1 cup (about 20 whole)
- Clementines: 3
- Fruit salad: 1 cup fresh-cut (unsweetened)
- Grapefruit: 1 whole (red, pink or white)
- Grapes (seedless)
- Honeydew melon: 2 cups cubed
- Kiwi: 2 large
- Mango: 1 medium fresh or 1 cup chunks (unsweetened)
- Nectarines: 2
- Oranges: 2 medium
- Papaya (fresh): 2 cups cubed
- Peaches: 2 large
- Pear: 1 large
- Pineapple chunks: 1 cup fresh
- Plums: 2 large
- Pomegranate: 1 medium
- Prunes: 6
- Raisins: ¼ cup
- Tangerines: 2
- Watermelon: 2 cups cubed ▶

unlimited food/ beverage list

Enjoy in unlimited amounts—at any time of the day.

- ALL nonstarchy vegetables
- Club soda (with optional fresh lemon or lime)
- Coffee and tea (black, or with skim, 1% or soy milk only; no sweeteners)
- Extracts (vanilla, almond, etc.)
- Herbs and spices (basil, garlic, etc.)
- Horseradish
- Hot sauce
- Joy's Skinny Balsamic Vinaigrette salad dressing (see recipe at *womansday.com/dressing*)
- Lemon and lime wedges
- Low-sodium broth
- Mustard (plain, brown, spicy, Dijon)
- Nonstick cooking spray
- Salt substitute
- Seltzer water (fresh lemon or lime optional)
- Sparkling water
- Tea (iced or hot, with lemon or skim, 1% or soy milk only; no sweeteners)
- Vinegar (any variety)
- Wasabi
- Water (with optional fresh lemon or lime or other natural flavoring; no sweeteners)

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seasonings, condiments, marinades and healthy fats

- Avocado
- Chiles or hot peppers, fresh or canned in vinegar/water
- Extracts (almond, peppermint, vanilla, etc.)
- Horseradish
- Hot sauce
- Ketchup
- Lemon
- Lime
- Marinara sauce (opt for brands with 60 calories or less per ½-cup serving)
- Mayo, reduced-fat (any brand, 35 calories or less per Tbsp)
- Mustard (plain, brown, spicy, Dijon)
- Nonstick cooking spray (any variety)
- Nuts
- Nut butters (peanut, soy, almond, etc.)
- Olive oil
- Salad dressing, Caesar (use only for Caesar salad lunch option—any brand, no more than 80 calories per 2 Tbsp)
- Salad dressing, low-calorie (any brand, no more than 40 calories per 2 Tbsp)
- Salad dressing, any of Joy's Skinny recipes (page 130)
- Salsa (any brand without any added sugar or corn syrup)
- Salt substitute
- Soy sauce, low-sodium
- Teriyaki sauce, low-sodium
- Vinegar, any type (not vinaigrette)
- Wasabi

herbs and spices

- All herbs and spices (fresh or dried)
- Seasoning blends (no added sugar or salt)

beverages

- Club soda
- Coffee (No artificial sweeteners or natural sweeteners, including sugar. No cream or whole milk. You may add skim, 1% or lowfat soy milk only. For extra flavor, you can add 1 tsp vanilla extract or ¼ tsp almond extract to a brewed pot—6–8-cup size—of coffee.)
- Seltzer, zero-calorie (plain or naturally flavored)
- Sparkling water
- Tea (no artificial sweeteners or natural sweeteners, including sugar or honey)
- Water (For extra flavor, add lemon and a sprig of thyme or a slice of cucumber and some bruised fresh mint leaves.) ▶

midafternoon snack list

You may substitute afternoon snacks listed on the menus (page 128) with the following options.

DAIRY OPTIONS

>> 1 oz reduced-fat or fat-free cheese with unlimited celery and pepper sticks

>> 1 oz reduced-fat or fat-free cheese with 1 mini whole-grain pita (no more than 70 calories) or rice cake

>> 1 oz reduced-fat or fat-free cheese with 10 raw almonds or 15 pistachio nuts

>> 1 part-skim cheese stick with a HALF fruit serving

>> 4 level Tbsp reduced-fat or fat-free cream cheese with unlimited celery sticks

>> ½ cup lowfat or nonfat cottage cheese, topped with a HALF fruit serving

>> ½ cup lowfat or nonfat cottage cheese with unlimited nonstarchy vegetables

>> ¾ cup lowfat or nonfat cottage cheese

>> 1 slice reduced-calorie, whole-grain toast (45 calories or less) with 1-oz slice reduced-fat or nonfat cheese and tomato

>> 1 slice reduced-calorie, whole-grain toast (45 calories or less) with 1 Tbsp reduced-fat or fat-free cream cheese

>> 8 oz nonfat plain, Greek or vanilla yogurt (no artificial sweeteners)

>> 6 oz nonfat plain or Greek yogurt (no artificial sweeteners), topped with 2 Tbsp wheat germ or ground flaxseed

>> 6 oz nonfat plain or Greek yogurt, topped with a HALF fruit serving

NUT AND NUT BUTTER OPTIONS

>> 1 slice reduced-calorie, whole-grain toast (45 calories or less) with 1 Tbsp natural peanut butter

>> 10 raw almonds or 15 pistachios and a HALF fruit serving

>> 10 raw almonds or 15 pistachios and ½ cup no-sugar-added, natural applesauce

>> 20 raw almonds or 30 pistachios

>> 2 tsp natural peanut butter and a HALF fruit serving (e.g., ½ banana or 1 small apple)

>> 1 level Tbsp natural peanut butter with unlimited celery sticks

FRUIT OPTIONS

>> 1 frozen banana

>> 1 cup frozen grapes

>> 1 WHOLE fruit serving

>> Any HALF fruit serving and 1 mini whole-grain pita (no more than 70 calories)

MISCELLANEOUS OPTIONS

>> 4 oz turkey breast rolled with lettuce and mustard

>> 1 mini whole-grain pita (no more than 70 calories) with 2 Tbsp hummus

>> ¼ cup hummus with unlimited cucumber slices, celery sticks, and/or pepper strips

>> 1 cup edamame, boiled in the pod

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- **Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression**
- **Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients**
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Learn about a free trial offer‡ for ABILIFY.
Visit www.ABILIFYmeplus.com

Take the next step—ask your doctor about ABILIFY.

‡Restrictions apply.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

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ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

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step 1: menus & recipes

Here are four sample menus. All breakfasts, lunches, dinners and snacks are interchangeable. (But you can't eat a dinner for breakfast, or vice versa.) You can swap the protein at a meal with another protein on the approved list (page 114); just keep serving sizes the same. You can also swap any of the nonstarchy vegetables in the menus for others on the list (and those are unlimited!).

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	• Omelet made from 3 large egg whites (cooked with nonstick cooking spray), unlimited diced veggies of your choice (from approved list), your choice of approved seasonings, and ¼ cup shredded reduced-fat or nonfat cheese • WHOLE serving of approved fruit	• California-style turkey sandwich: 1 slice whole-grain bread or 2 slices reduced-calorie whole-wheat bread (any brand, 45 calories or fewer per slice); 4 oz turkey breast; 2 thin slices avocado; unlimited tomato slices, lettuce, arugula, and/or spinach; mustard • Baby carrots, unlimited	• ½ cup nonfat or 1% lowfat cottage cheese with unlimited sliced green, red and/or yellow bell pepper strips	• Skinny Dinner Salad OR 2 cups Skinny Veggie Soup (recipes, page 130) • Grilled fish with salsa: 6 oz baked or grilled white fish (halibut, cod or tilapia); ¼ cup mild or spicy salsa • Green vegetable: Unlimited steamed asparagus spears, broccoli, sugar snap peas or green beans • HALF serving of approved fruit
2	• 1 cup whole-grain cereal (any brand, 150 calories or fewer per 1-cup serving and 3+ grams fiber) with 1 cup skim milk or lowfat soy milk • HALF serving of any approved fruit	• Chicken Caesar salad: Unlimited romaine lettuce (chopped); 4 oz grilled skinless chicken breast; 3 Tbsp grated Parmesan; 4 Tbsp light Caesar dressing (any brand, 80 calories or fewer per 2 Tbsp)	• 1 oz reduced-fat or nonfat cheese • 1 rice cake	• Skinny Dinner Salad OR 2 cups Skinny Veggie Soup • Grilled sirloin steak: 5 oz lean sirloin steak, seasoned as desired with allowed marinades/herbs/seasonings. • Fresh spinach leaves (start with about 4–6 cups) sautéed with 1 tsp olive oil and 1 clove garlic and seasoned with your choice of approved seasonings
3	• ½ cup dry traditional oatmeal (or ¼ cup steel-cut oats) prepared with water and topped with a HALF serving of any fruit of your choice • 2 large hardboiled egg whites (discard yolks) or 2 scrambled egg whites or egg substitute	• 5-oz turkey burger served on a bed of mixed greens or spinach (unlimited amounts) with lettuce, tomato, onion and/or pickle; 2 Tbsp ketchup or salsa (optional) • Raw or steamed vegetables (unlimited approved nonstarchy veggies)	• 1 small apple and 10 raw almonds or 15 pistachios	• Skinny Dinner Salad OR 2 cups Skinny Veggie Soup • Teriyaki of beef, salmon, chicken or tofu (5 oz of protein pan-grilled with 2 Tbsp low-sodium terriyaki sauce, 1 tsp finely minced ginger and black pepper to taste) • 1 cup steamed snow peas
4	• 2 slices reduced-calorie whole-wheat toast with 2 level tsp peanut, almond or soy nut butter spread (1 tsp each slice) topped with one HALF serving of any approved fruit of your choice	• Omelet made with nonstick cooking spray, 4 egg whites, 1 cup broccoli, any seasonings on food list, and ¼ cup reduced-fat or nonfat cheese • Unlimited lettuce and/or spinach leaves with 2 Tbsp light dressing (40 calories or fewer per 2 Tbsp)	• 1 cup fresh or frozen edamame (green soybeans), boiled in the pod	• Skinny Dinner Salad OR 2 cups Skinny Veggie Soup • 5 oz grilled, roasted or broiled lean pork tenderloin, seasoned as desired, with unlimited steamed asparagus spears, snow peas or green beans • HALF serving of any fruit of your choice ▶

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the "skinny" recipes

Every dinner in Step 1 should begin with your choice of the Skinny Dinner Salad or 2 cups of Skinny Veggie Soup. These meal starters are designed to add plenty of volume and fiber to your meal and keep you from overindulging at dinner or later in the evening, so don't skip them.

skinny dinner salad

Start with a bed of romaine lettuce, spinach or mixed greens. Add your preferred blend of nonstarchy vegetables. Choose from:

- Carrots
- Celery
- Tomatoes
- Onions
- Radishes
- Mushrooms
- Cucumbers
- Bell peppers

Your choice—use whatever nonstarchy veggies you already have on hand in your fridge. If you're following the plan, you should have loads of options: half a tomato left over from lunch, a small handful of baby carrots, etc. Just add whatever's convenient that night.

For dressing, choose one of the following:

- **2 Tbsp light dressing (any brand, 40 calories or fewer per 2 Tbsp)**
- **1 tsp olive oil, with unlimited balsamic vinegar, red wine vinegar or fresh lemon**
- **2 Tbsp of any of Joy's Skinny Dressings (find the recipes at *womansday.com/dressing*)**
- **Unlimited amounts of plain vinegar (red wine or balsamic) or fresh lemon**

skinny veggie soup

MAKES 12 CUPS, OR SIX 2-CUP PORTIONS

Feel free to omit any vegetables you don't enjoy and replace with other nonstarchy vegetables (page 114). Prepare this soup at the beginning of Step 1. Store individual portions in the fridge for up to 3 days, or freeze for up to 1 month and defrost as needed.

- **4 cloves garlic, minced (4 tsp)**
- **1 onion, diced (1 cup)**
- **3 celery stalks, diced (1½ cups)**
- **1 pkg (8 oz) sliced mushrooms**
- **8 cups (2 qt) low-sodium chicken or vegetable stock**
- **1 cup sliced carrots, fresh or frozen**
- **1 zucchini, diced (2 cups)**
- **1 cup chopped green beans, fresh or frozen**
- **2 cups chopped cauliflower florets, fresh or frozen (½ medium head)**
- **3 cups cabbage, roughly chopped (½ cabbage head)**
- **1 can (15 oz) diced tomatoes, preferably no-salt-added**
- **3 bay leaves**
- **2 Tbsp red wine vinegar or balsamic vinegar**

Choose one seasoning blend:
***Spicy Creole (this is very spicy!):* 2 tsp**

special instructions for vegetarians

Substitute lowfat soy milk, soy yogurt and soy cheese for dairy products. For meat and poultry, substitute an equivalent portion of fish, seafood, tempeh or meat analog products. If opting to replace meat with tofu, double the portion size listed (since tofu is less dense than meat). You may also substitute veggie burgers for turkey burgers.

basil, 1 tsp oregano, 1 Tbsp paprika, 1 tsp black pepper, ¼ tsp cayenne pepper, ½ tsp thyme

Italian: **2 tsp dried parsley, 2 tsp basil, 1 tsp oregano, ½ tsp thyme, ½ tsp sage, ½ tsp black pepper**

Garden Herbs: **2 Tbsp chopped thyme, ¼ cup freshly chopped parsley, ¼ cup freshly chopped basil**

1. In a large nonstick stock pot coated with cooking spray, sauté garlic, onion, celery and mushrooms over medium heat for 10 minutes or until tender.

2. Add the stock, carrots, zucchini, green beans, cauliflower florets, cabbage, canned tomatoes and bay leaves. If you've chosen the Spicy Creole or Italian blend, add it now. Bring to a boil, cover and simmer over low heat for 20 minutes.

3. Add the vinegar and cook for an additional 2 minutes. If you've chosen the Garden Herbs seasoning blend, add it now. Remove bay leaves before serving. ▶

if you have diabetes

There are a few simple modifications to this diet that will maximize blood sugar control.

- **In midafternoon, always choose snacks** from the list that contain a source of protein, such as yogurt, cheese, nuts, hummus or eggs. Protein acts as a blood sugar stabilizer by balancing the carbohydrates and keeping your sugars from spiking. All the breakfasts, lunches and dinners on my plan contain a balanced combination of protein, fat and carbohydrate, but some of the snacks, such as a WHOLE fruit serving, do not. Fruit is pure carbohydrate and, when eaten alone, may elevate blood sugar levels in individuals with type 2 diabetes.

- **I make a small exception to the Step 1 rules** for individuals with type 2 diabetes. Step 1 allows only plain, Greek or vanilla nonfat yogurt at meals and snacks. Because artificial sweeteners are not allowed in Step 1, individuals who opt for nonfat vanilla yogurt will typically be eating vanilla yogurts sweetened with added sugar. I encourage individuals with diabetes to choose vanilla yogurts sweetened with artificial sweeteners in order to prevent an unhealthy spike in blood sugars. Still, this does not mean that you may enjoy other foods that contain artificial sweeteners, such as diet sodas, or add sweeteners to your morning coffee during Step 1.

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how to stick with appropriate serving sizes

1 **consider investing in a small kitchen food scale** so you can accurately weigh out food amounts. You'll eventually be able to eyeball the right portions.

2 **for meat and poultry, ask your butcher to do some of the work.** For example, request 1 lb of chicken breasts wrapped in four 4-oz packages and you'll have equal portions measured out for you to use immediately or to freeze.

3 **use your measuring cups and spoons** for cereal, salad dressings, condiments, cottage cheese and yogurts.

4 **visualize appropriate amounts** by comparing them with common objects:

FOR PROTEIN:

= 3 oz beef, poultry, pork or thick fish

= 3 oz thin fish fillet

= 5 oz beef, poultry, pork or thick fish

FOR DAIRY:

= ½ cup cottage cheese

= 1 cup cottage cheese or nonfat yogurt

= 1 oz reduced-fat cheese

FOR STARCH:

= ½ cup cooked pasta or rice

FOR FAT:

= 1 tsp peanut butter, mayo or salad dressing

JOIN THE SLIMDOWN

Once you've finished the first intensive week of the diet (Step 1), go to *womansday.com/slimdown* for info and menus for Steps 2–4. You'll also want to keep tabs on our *Woman's Day* Slimdown bloggers! These brave women, who'll be receiving personalized coaching from the experts at Joy Bauer Nutrition (*joybauer.com*), will share the ups and downs of their weight-loss journey.

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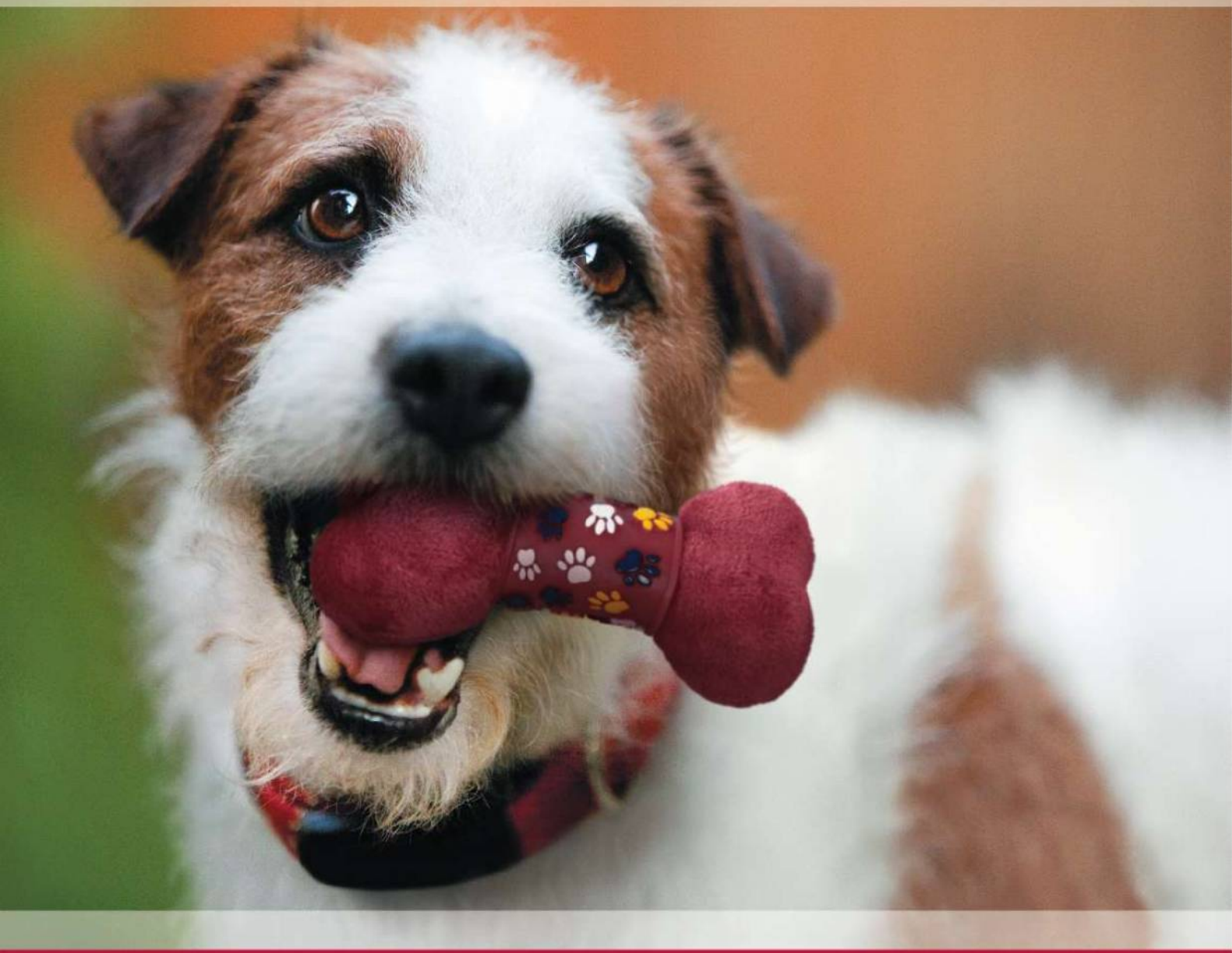

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4 things you may not know about vaccines

Buzzy takes the sting out of vaccines.

As medicine advances, so does the number of needle jabs: A baby born today may get 50 shots (including boosters) before her 18th birthday, compared to 11 for a child born in 1983. This means kids are being protected against a greater number of potentially deadly diseases. (Before vaccines, 3,000 U.S. kids each year died just from measles, and 10,000 annually were paralyzed by polio!) But even though there's plenty of evidence that vaccines are safe, some parents are still nervous. Here, four facts to help ease your mind.

1 Your child may not have to get so many vaccines on the same day. The American Academy of Pediatrics (AAP) schedule has kids getting as many as seven vaccines during one checkup. Most doctors say this is perfectly safe, but a few (including pediatrician Robert Sears, MD) say giving so many at once may increase the risk of side effects. If you'd prefer to space out the shots, talk to your doctor. Alanna Levine, MD, an AAP spokeswoman, says she doesn't mind giving only one shot per visit as long as a parent is willing to bring her baby back every other week to ensure that she sticks to the AAP schedule. Others may let you delay one or two specific vaccines for a few months, and a much smaller group, including Dr. Sears, will deviate from the AAP schedule dramatically.

2 Thimerosal is no longer found in most vaccines. For years, parents worried that thimerosal—a preservative made with mercury—might trigger autism. Numerous studies have found no such link, but the scrutiny led public health agencies to recommend its removal from childhood vaccines in 2001, explains Mary Anne Jackson, MD, chief of infectious diseases at Children's Mercy Hospital in Kansas City. The exception: Trace amounts are still in some flu shots. Most experts say this is safe—in fact, autism rates have increased since thimerosal was taken out of most vaccines—but if you'd rather avoid it, ask your doctor if she can get a version that doesn't contain it.

3 Reactions are pretty common. One in four children who get the DTaP shot (diphtheria, tetanus and acellular pertussis), for example, will have a mild reaction like fever, redness or swelling, or soreness or tenderness at the injection site. (Learn more at **cdc.gov/vaccines/vac-gen/side-effects.htm**.) Icing the spot and giving ibuprofen usually helps. But if a reaction seems serious (your child's arm swells up like a softball or he runs a high fever), call your doctor.

4 Shots don't have to hurt so much. Distraction goes a long way, says Dr. Jackson, who suggests kids pretend they're blowing out a birthday candle while counting *1, 2, 3*. You can also use Buzzy—a plastic device shaped like a bumblebee—that you press on your child's skin next to the injection site, says Dianna Tolen, MD, a pediatrician who uses it in her practice in Canfield, Ohio. It distracts by vibrating and perhaps confusing the nervous system so it doesn't focus on the pain. ($34.95; **needle-pain-management.com**). **wd**

AN ALTERNATE SCHEDULE

Most pediatricians follow the AAP's schedule, noting that it's designed to work best with a child's body at specific ages. But if you'd rather reduce the number of shots your child gets at once, one (controversial) option is to follow the schedule Dr. Sears outlines in *The Vaccine Book*. Some highlights:

HEPATITIS B VACCINE

AAP: Give first dose at birth.
Dr. Sears: Since hepatitis B is sexually transmitted, it's OK to wait until the preteen years, starting at age 10, to give the first dose.

POLIO VACCINE

AAP: Give at 2 months old.
Dr. Sears: Give at age 1 or 2. "It's important to keep our nation protected, but we haven't had polio here in over 25 years," so the shot can wait.

MMR (MEASLES, MUMPS & RUBELLA) VACCINE

AAP: Give at age 1, along with the chicken pox vaccine and a hepatitis A booster.
Dr. Sears: Wait until age 3 or 4, before entering school. The shot combines three live vaccines, so he says it's more apt to cause side effects—especially in younger children with less-developed immune systems.

TODD HUFFMAN

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by Abigail L. Cuffey

shape up your workout gear

What you wear can help you burn more calories—really! How to pick the clothes, shoes and gear that make exercise count

If you're not comfortable in your workout clothes (too-tight pants can give you a tummyache) or don't feel good about how you look (a humongous T-shirt doesn't flatter anyone), it's an easy excuse to stop working out—or not do it at all, says Debi Gatten, a Pilates teacher and personal trainer. In other words, what you wear really matters! Our guide on how to look and feel great while you exercise.

Baggy clothes can make you sick—literally. Since your skin is your body's first line of defense, tops or pants that chafe can lead to a bacterial or fungal skin infection (not to mention itchy discomfort).

3 GO-TO OUTFITS

1 show it off

Wear clothes that allow you to see your muscles working: It'll help you stay focused and inspire you to work harder. For example, if you're doing biceps curls and shoulder presses, wear a sleeveless top so you can see your muscles contracting.

top: Lucy Perfect Core Racerback ($64; **lucy.com**) has a built-in sports bra and fabric that resists moisture. The racerback straps highlight shoulders, arms and chest in all the right places.

bottom: Lucy A-Sym Power Cardio Knee Pant ($68; **lucy.com**) is made of stretch material to flatter your legs (and show off those calves!).

2 stay cool and comfy

Cotton absorbs sweat, which means the sweat stays next to your skin, leaving you wet, clammy and uncomfortable. Instead, choose fabrics with "wicking" capabilities: They draw the sweat away from your skin and then help it evaporate.

top: Champion Colorblock Long Sleeve Tee ($28; **championusa.com**) with moisture management technology is designed to keep you warm (but not too hot) in cooler temperatures.

bottom: Athleta WorkItOut Tight ($59; **athleta.com**) is made of a special polyester/spandex blend to keep you comfortable indoors and out.

3 go fitted

Toss the baggy pants and super-loose T-shirt: Extra fabric can shift around and irritate skin. Choose closer-fitting clothing instead.

top: NordicTrack Seamless Cami ($12.98; **sears.com**) flattens your tummy and gives comfy (not constricting) support minus the bulky material.

bottom: Athleta Salamba Pant ($69; **athleta.com**) is a supersoft, fitted straight-leg pant that won't get in the way of your workout.

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Information For Patients About
Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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SOLE SENSE

The right shoe not only has to be comfortable, it also has to support and conform to the shape and movement of your feet, says Elizabeth Kurtz, DPM, a member of the American Podiatric Medical Association. She helps you figure out what's right for your feet.

If you supinate

This means that when you walk, your feet tend to roll out—you'll see more wear on the outer edge of your shoes (you may also have a high arch). Look for a shoe with extra cushioning to absorb impact. **try:** ASICS GEL-Nimbus ($125; **asics.com**), good for running and walking.

If you overpronate

This means that your feet roll inward—you'll see more wear on the inner edges of your shoes. Look for a motion-control or stability shoe that has midsole cushioning. **try:** New Balance 1226 ($140; **newbalance.com**), which combats overpronation with extra support and stability. Good for walking and running.

For all kinds of exercise

If you do a variety of activities, go for a cross trainer. Make sure that you can't fold the shoe at the middle or twist it like you're wringing out a towel. If you can, it's too flexible and won't provide proper support. **try:** Saucony ProGrid Guide 3 ($95; **saucony.com**). They support your feet from every angle, whether you're moving side to side in tennis or just walking.

WIN IT Ten readers will win a pair. Snap on the tag below to enter.

Best under $50!

If you don't tend to supinate or overpronate, try a "neutral" shoe. They usually have a lower price tag and good support and cushioning. **try:** C9 by Champion for Target Rilla ($27.99; **target.com**), with flexible support and moisture-wicking fabric. Good for walking and light running.

gear **dos** & **don'ts**

DON'T toss your workout shoes once they've lost their support. Recycle them at *nikereuseashoe.com*, which accepts any brand of athletic shoe.

DO wash workout clothes separately in cold water on the delicate cycle and then air-dry. This extends the fabric's life and prevents shrinkage.

DON'T wear bulky socks. There shouldn't be any folds of excess fabric, otherwise you may end up with nasty blisters. Make sure socks fit snugly.

DO avoid tight-fitting elastic around your arms, shoulders, neck, waist and ankles. These are prime areas for chafing.

DON'T wear dark clothes if you're exercising outside in warm weather. Black, brown and navy will absorb the sunlight and you'll heat up quickly.

DO look for sales. Quality exercise gear costs more but lasts a lot longer. Sign up at *shopittome.com* to get email alerts when your favorite brands go on sale.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

Simple math *for* tasty tea.

We've done the math: no preservatives or high fructose corn syrup means Swiss Premium Tea is a refreshing value. And with a naturally great taste, it's simply delicious.

Refreshingly Simple.

www.swiss-tea.com

SPORTS BRA SMARTS

Choosing the right sports bra is critical. "Breast tissue is held up by a ligament that, if not supported, can stretch over time," says Vicci Hill-Lombardi, EdD, associate professor of athletic training at Seton Hall University. Yes, even if you're flat-chested or are only doing a moderately paced walk, you need to wear something that supports you while you're working out. Our picks for every cup size:

A cup

Lucy Perfect Core Bra ($54; *lucy.com*)
This racerback style provides plenty of support for a smaller cup size, and the Powermax fabric wicks moisture. The flat seaming prevents irritation as well.

B cup

Moving Comfort Vixen ($36; *movingcomfort.com*)
The mesh back and lining are supportive *and* breathable. Fun fact: The cups feature fabric made from recycled coffee grounds to help soak up moisture and prevent odor.

C cup

Champion Max Sports Bra ($40; *championusa.com*)
The cushioned straps and side panels combined with moisture-wicking fabric in the cups make this bra a great pick for any activity.

"Always make sure the seams are flat on a sports bra," says Keri Cawthorne, a running coach in Vancouver. You can check by running your fingers along the edges. "Bulky seams cause chafing around the armpits and under arms, which can lead to bleeding."

D cup

Moving Comfort Maia ($46; *movingcomfort.com*)
Specifically made for larger-chested women, it has seam-free molded cups and an underwire that looks smooth under shirts. Extra fabric extends from cup to strap for big-time support and comfort. Plus, the back straps are adjustable.

D & beyond

Champion 1691 Powersleek Sports Bra ($42; *championusa.com*)
This bra, which goes up to a size 44 DDD, is the ultimate in support, with wide, no-slip straps, a covered back closure and a molded inner bra that's specifically designed to minimize movement.

BURCU AVSAR; ON-SET STYLING BY MARIANA VERA.

If a bra gets loose or your weight changes, buy a new one.

Eventually, we all get here. Make it a wonderful place. Once you reach menopause, how you feel depends on how you choose to treat your symptoms. Why not start the natural way first? Estroven has just the right balance of safe and effective all-natural ingredients like soy, authentic black cohosh, vitamins and minerals to help you take control, without hormones.* And when you're not dealing with all your symptoms, Menopauseland can be a good place. Start your journey naturally with Estroven.

In the vitamin section

Save $2.00. Visit www.menopauseland.com/wd

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. © 2010 Amerifit, Inc. All rights reserved.

THE LITTLE BLACK PANT

It's the Holy Grail of workout wear: a great-fitting pair that makes you look slimmer instantly. Three of our favorites:

super-performance

CW-X Ventilator Tights ($96; **cw-x.com**) are worth the splurge for their top-notch technology. Made with Coolmax fabric, they have built-in "air conditioning" panels that reduce heat buildup in key places such as quads and calves. They also give targeted support to key muscles and joints.

stays put

NordicTrack Bootleg Pant ($14.98; **sears.com**) is a great-fitting pant that will go with any workout top. The stretch material makes for a snug fit that won't ride up during exercise and flatters your lower body.

lengthens legs

Xersion Pant ($19.99; **jcp.com**) is made of soft, comfortable stretch fabric, and the cropped length hits right above the knees to make your legs look longer.

"Pants with a wider waistband are less likely to slide down, so you don't have to keep pulling them up during a workout," says Paula Frendel, a certified personal trainer and group fitness instructor in New Jersey.

the extras

Working out anywhere just got easier with these innovative essentials you can toss in your bag.

Wordlock Padlock ($8.99; *wordlock.com*) No more forgetting complicated number sequences! This simple alternative lets you use a secret word as a passcode.

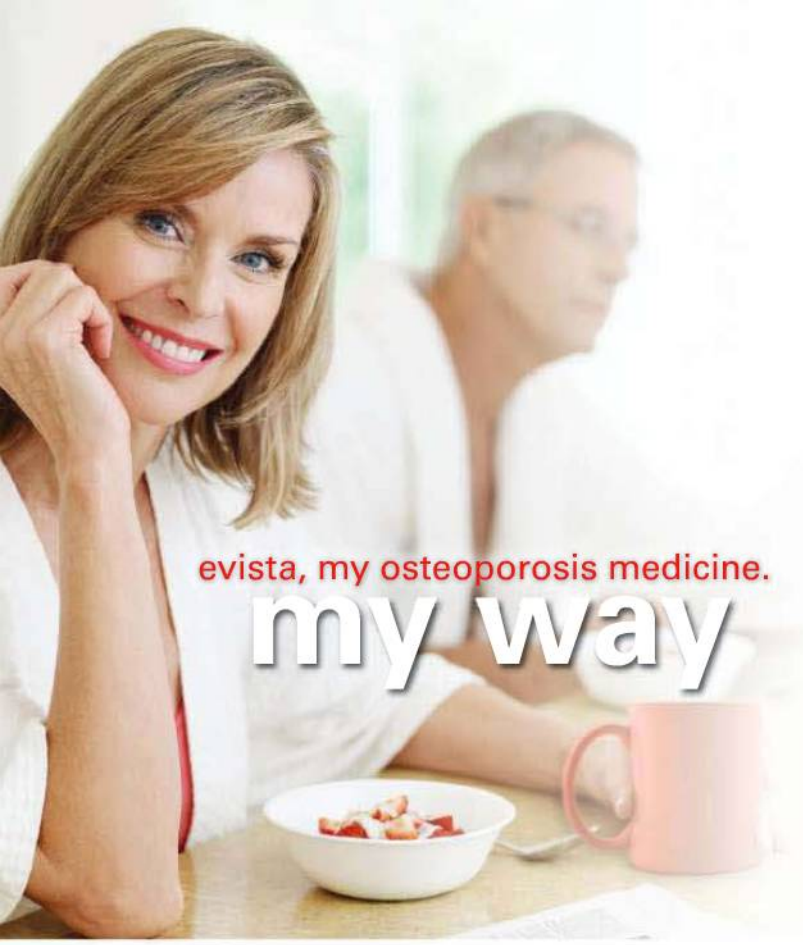
Bodyglide Anti-Chafe for Her ($6.99; *bodyglide.com*) Swipe this balm on areas prone to irritation (like thighs) to stop chafing before it starts.

Bondi Band ($8; *bondiband.com*) These thick headbands are made with wicking fabric so you stay cool during exercise and hair stays out of your face.

CleanWell Hand Sanitizer ($2.99; *cleanwelltoday.com*) Gym machines are germy—this alcohol-free sanitizer will zap bacteria post-workout.

Gymboss Interval Trainer ($19.99; *gymboss.com*) Clip this small, pager-size device to your waistband and program it to beep at intervals of anything from 2 seconds to 99 minutes. Carry it in your purse to squeeze in a few minutes of fitness anywhere. wd

TOP: BURCU AVSAR (3).



EVISTA® raloxifene HCl tablets 60mg

Treat your osteoporosis your way

EVISTA lets me treat my osteoporosis at any time of day, with or without food.

I know it's important to treat my osteoporosis. And with EVISTA, if I want to take it with breakfast, lunch or dinner, I can. Since it's a daily pill, I take it at the same time every day, so I can remember to take it with my calcium and vitamin D. That's why EVISTA is my osteoporosis medicine.

EVISTA has been prescribed for over 10 years to treat and prevent osteoporosis in women past menopause.

EVISTA increases bone mineral density, and reduces the risk of spinal fractures.

Go to **osteomyway.com** to find out more. Ask your doctor if EVISTA is right for you.

Important Safety Information for EVISTA® (raloxifene HCl tablets)

You should not take EVISTA if you have had or are at risk for getting blood clots in the legs, lungs or eyes, as it may increase the risk of blood clots. Stop taking EVISTA and call your doctor if you have leg pain or warmth, swelling of the legs, hands or feet, chest pain, shortness of breath or a sudden vision change, as these may be signs of a blood clot. Being unable to move around for long periods may increase this risk. If you will need to be still for a long time, talk to your doctor about ways to reduce the risk of blood clots.

EVISTA does not increase the risk of a heart attack or stroke in women who have had or are at risk for a heart attack; however; EVISTA increases the likelihood of dying from stroke in these women, should one occur. Before taking EVISTA tell your doctor if you have had a stroke, a mini-stroke, irregular heartbeat, high blood pressure, heart attack, history of smoking, or believe you have other risk factors for stroke or a heart attack.

Before Taking EVISTA

EVISTA is not right for everyone. You should only take prescription EVISTA if you are past menopause. Before taking EVISTA, talk to your doctor about all your medical conditions. If you are pregnant, nursing or may become pregnant, do not take EVISTA, as it may cause fetal harm. Women with liver or kidney disease should use EVISTA with caution. EVISTA should not be taken with estrogens in the form of pills, patches or injections.

Side Effects

Side effects may include hot flashes, leg cramps, swelling, flu-like symptoms, joint pain, and sweating. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see next page for additional information about EVISTA.

1-888-77-EVISTA

Partnership For Prescription Assistance
If you need assistance with prescription costs, help may be available.
Visit www.pparx.org or call 1-8884PPA-NOW.

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Lilly

Information for Patients About

EVISTA®
(raloxifene hydrochloride tablets)
Tablets for Oral Use

Please read the information carefully that comes with EVISTA before you start taking it and each time you refill your prescription. The information may have changed. This information does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor about EVISTA when you start taking it and at regular checkups.

What is the most important information I should know about EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

1. Before starting EVISTA, tell your doctor if you have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (transient ischemic attack), or have an irregular heartbeat.
2. Stop taking EVISTA and call your doctor if you have:
   - leg pain or a feeling of warmth in the lower leg (calf).
   - swelling of the legs, hands, or feet.
   - sudden chest pain, shortness of breath, or coughing up blood.
   - sudden change in your vision, such as loss of vision or blurred vision.
3. Being still for a long time (such as sitting still during a long car or airplane trip or being in bed after surgery) can increase your risk of blood clots. (See **"What should I avoid if I am taking EVISTA?"**)

What is EVISTA?

EVISTA is a type of prescription medicine called a Selective Estrogen Receptor Modulator (SERM). EVISTA is for women after menopause, and has more than one use:

- **Osteoporosis:** EVISTA treats and prevents osteoporosis by helping make your bones stronger and less likely to break.
- **Invasive Breast Cancer:** If you have osteoporosis or are at high risk for breast cancer, EVISTA can be used to lower your chance of getting invasive breast cancer. EVISTA will not totally get rid of your chance of getting breast cancer. Your doctor can estimate your risk of breast cancer by asking you about risk factors, including:
  - your age (getting older).
  - family history of breast cancer in your mother, sister, or daughter.
  - a history of any breast biopsy, especially an abnormal biopsy.

You and your doctor should talk about whether the possible benefit of EVISTA in lowering your chance of getting invasive breast cancer is greater than its possible risks.

EVISTA is not for use in premenopausal women (women who have not passed menopause).

Who should not take EVISTA?

Do not take EVISTA if you:

- have or have had blood clots in your legs, lungs, or eyes. Taking EVISTA may increase the risk of getting blood clots.
- are pregnant or could become pregnant. EVISTA could harm your unborn child.
- are nursing a baby. It is not known if EVISTA passes into breast milk or what effect it might have on the baby.

What should I tell my doctor before taking EVISTA?

EVISTA may not be right for you. Before taking EVISTA, tell your doctor about all your medical conditions, including if you:

- have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (TIA/transient ischemic attack), or a type of irregular heartbeat (atrial fibrillation).
- have had breast cancer. EVISTA has not been fully studied in women who have a history of breast cancer.
- have liver or kidney problems.
- have taken estrogen in the past and had a high increase of triglycerides (a kind of fat in the blood).
- are pregnant, planning to become pregnant, or breast-feeding (see **"Who should not take EVISTA?"**).

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine. Especially tell your doctor if you take*:

- warfarin (Coumadin®, Jantoven®)

  If you are taking warfarin or other coumarin blood thinners, your doctor may need to do a blood test when you first start or if you need to stop taking EVISTA. Names for this test include "prothrombin time," "pro-time," or "INR." Your doctor may need to adjust the dose of your warfarin or other coumarin blood thinner.
- cholestyramine
- estrogens

EVISTA should not be taken with cholestyramine or estrogens.

How should I take EVISTA?

- Take EVISTA exactly how your doctor tells you to.
- Keep taking EVISTA for as long as your doctor prescribes it for you. It is not known how long you should keep taking EVISTA to lower your chance of getting invasive breast cancers.
- It is important to get your refills on time so you do not run out of the medicine.
- Take one EVISTA tablet each day.
- Take EVISTA at any time of the day, with or without food.
- To help you remember to take EVISTA, it may be best to take it at about the same time each day.

EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

- Calcium and vitamin D may be taken at the same time as EVISTA. It is important to take calcium and vitamin D, as directed by your physician, to prevent or treat osteoporosis.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. Do not take two doses at the same time.

What should I avoid while taking EVISTA?

- Being still for a long time (such as during long trips or being in bed after surgery) can increase the risk of blood clots. EVISTA may add to this risk. If you will need to be still for a long time, talk with your doctor about ways to reduce the risk of blood clots. On long trips, move around periodically. Stop taking EVISTA at least 3 days before a planned surgery or before you plan on being still for a long time. You should start taking EVISTA again when you return to your normal activities.
- Some medicines should not be taken with EVISTA (see **"What should I tell my doctor before taking EVISTA?"**).

What are the possible side effects of EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

See **"What is the most important information I should know about EVISTA?"**

The most common side effects of EVISTA are hot flashes, leg cramps, swelling of the feet, ankles, and legs, flu syndrome, joint pain, and sweating. Hot flashes are more common during the first 6 months after starting treatment.

These are not all the side effects of EVISTA. Tell your doctor about any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What else should I know about EVISTA?

- Do not use EVISTA to prevent heart disease, heart attack, or strokes.
- To get the calcium and vitamin D you need, your doctor may advise you to change your diet and/or take supplemental calcium and vitamin D. Your doctor may suggest other ways to help treat or prevent osteoporosis, in addition to taking EVISTA and getting the calcium and vitamin D you need. These may include regular exercise, stopping smoking, and drinking less alcohol.
- Women who have hot flashes can take EVISTA. EVISTA does not treat hot flashes, and it may cause hot flashes in some women. (See **"What are the possible side effects of EVISTA?"**)
- EVISTA has not been found to cause breast tenderness or enlargement. If you notice any changes in your breasts, call your doctor to find out the cause. Before starting and while taking EVISTA you should have breast exams and mammograms, as directed by your doctor. Because EVISTA does not eliminate the chance of developing breast cancers, you need these examinations to find any breast cancers as early as possible.
- EVISTA should not cause spotting or menstrual-type bleeding. If you have any vaginal bleeding, call your doctor to find out the cause. EVISTA has not been found to increase the risk for cancer of the lining of the uterus.
- Women in clinical trials have taken EVISTA for up to eight years.

How should I store EVISTA?

- Store EVISTA at 68°F to 77°F (20°C-25°C).
- **Keep EVISTA and all medicines out of the reach of children.**

General Information about the safe and effective use of EVISTA

Medicines are sometimes prescribed for purposes other than the ones listed. Do not use EVISTA for a condition for which it was not prescribed. Do not give your EVISTA to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EVISTA. If you would like more information about EVISTA, talk with your doctor. You can ask your doctor or pharmacist for information about EVISTA that is written for health professionals. For more information, call 1-800-545-5979 (toll-free) or go to the following website: www.evista.com.

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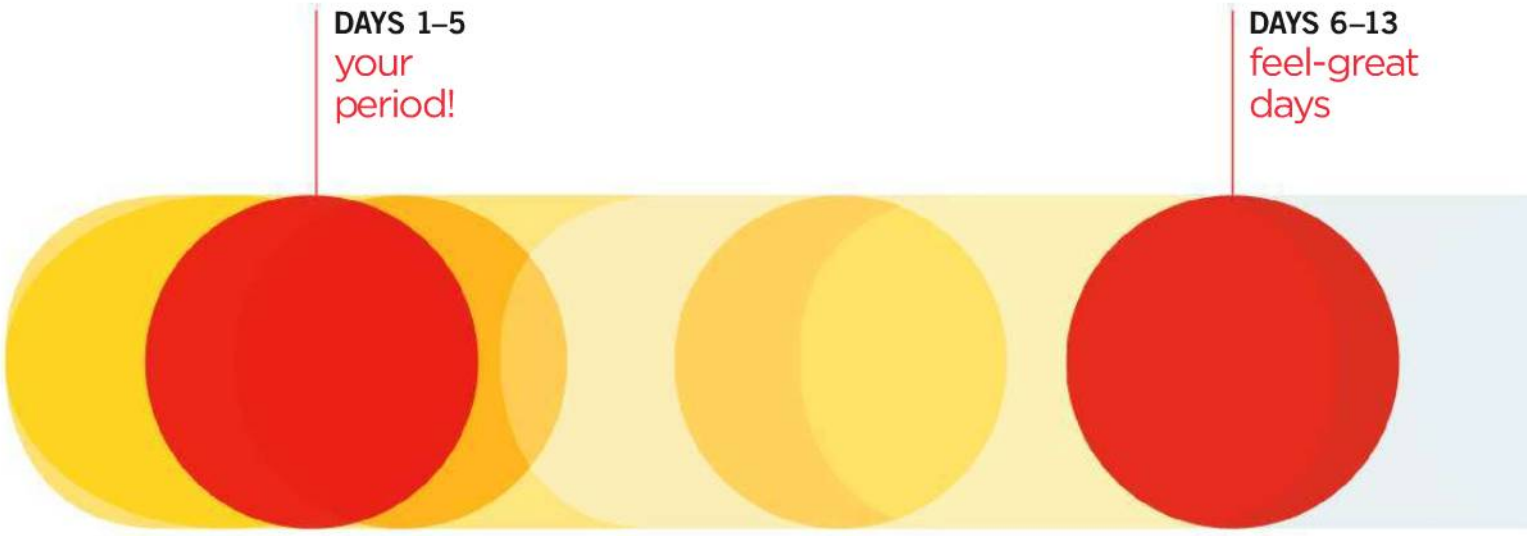
Based on Medication Guide PV 3125 AMP PRINTED IN USA

EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

everything you want to know about your period—**period!**

Why you get cramps and cravings, when you're most fertile, what your symptoms mean and more by Stacey Colino



KEEP IN MIND: This menstrual map applies to the typical 28-day cycle. Since women's menstrual cycles can vary from 21 to

You're probably all too familiar with how your period affects your mood and cravings (hello, once-a-month chocolate fest!), but your period is just one part of your monthly menstrual cycle and a snapshot of how well your body is functioning. "Regular periods with no unusual symptoms mean your hormones are working properly, which bodes well for other parts of your body," explains Nanette Santoro, MD, professor and chair of obstetrics and gynecology at the University of Colorado at Denver.

On the other hand, irregular periods may mean that you don't have enough estrogen, a hormone that's essential not only to your reproductive system and fertility, but also to the health of your heart and bones. Too-low levels can affect your risk of heart disease, osteoporosis and even diabetes.

The important bottom line: All those hormonal changes your body goes through affect just about every aspect of your mental and physical health—for good and sometimes not-so-good. To help you understand it all, we've put together this comprehensive guide, starting with a rundown of what's really going on during your monthly cycle.

DAYS 1–5: your period!

the good: The worst of PMS is over. Levels of the hormones estrogen and progesterone drop, and some symptoms, especially breakouts, subside.

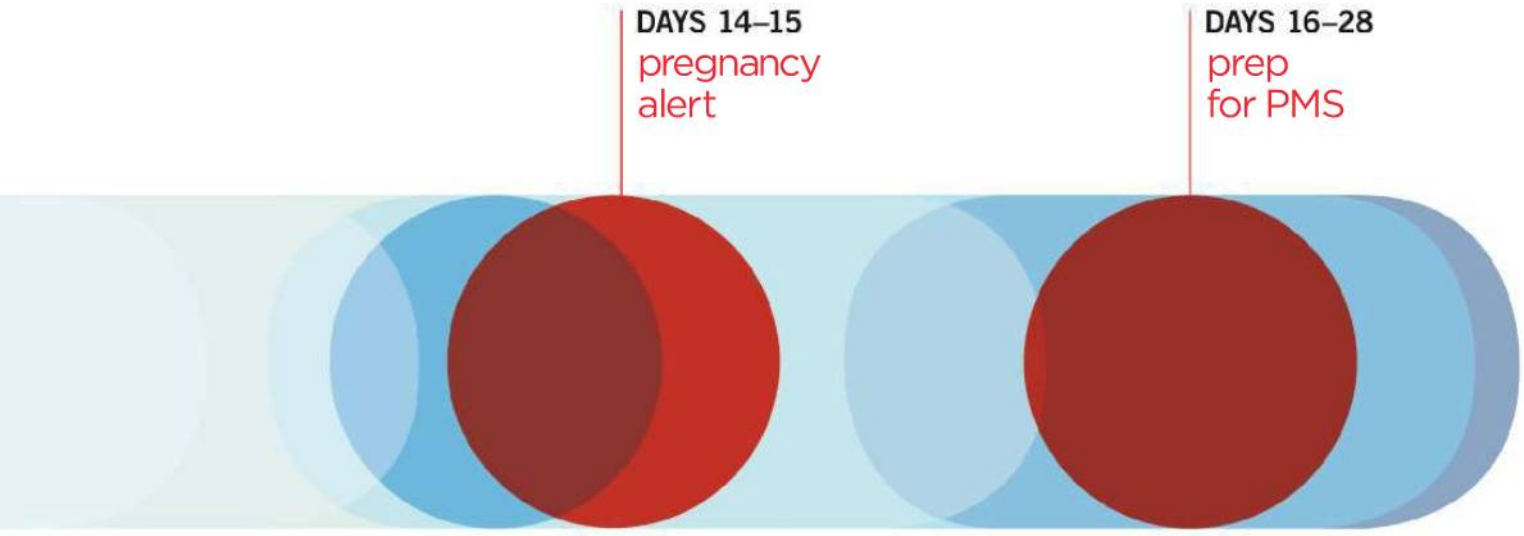
the not-so-good: You've got cramps and the crankies, and generally don't feel like yourself thanks to low hormone levels. The cramps are caused by chemicals called prostaglandins, which your body produces to prompt contractions in your uterus so the lining will shed. For some women, prostaglandins can also cause nausea, diarrhea, vomiting and even flu-like achiness, says Dr. Santoro.

Some studies have also revealed that reaction time may be longer (e.g., you may be slower to react when the car in front of you takes a sudden left turn), so be extra-cautious. And exercising may feel more strenuous than usual.

who knew? "Many writers and artists have reported in their journals that they have more creative ideas during their periods," says Joan Chrisler, PhD, a professor of psychology at Connecticut College who has researched women's menstrual experiences.

DAYS 6–13: feel-great days

the good: Estrogen levels start to rise as your ovaries gear up a "mature" egg for ovulation. This increases concentrations of feel-good brain chemicals, such as serotonin and dopamine, and enhances blood flow to the brain. You're likely to feel better mentally and perform better physically. One study found that swimmers have their fastest times on *(Please turn to 150)*



35 days, you'll want to adjust these time frames accordingly, depending on how long yours is.

...YOUR PERIOD—PERIOD!

CONTINUED the eighth day of their cycles; other studies suggest that cross-country skiers perform better around now. This may be because estrogen helps your muscles better absorb glucose, a sugar in your blood that provides your body with fuel.

the not-so-good: Since your estrogen levels are rising, nothing negative to report here.

who knew? You may be better able to read other people's facial expressions and emotional states during this phase.

DAYS 14–15: pregnancy alert

the good: Call it Mother Nature's way of making sure the species survives: Your sex drive is the highest the few days around ovulation, probably because this is when you're most fertile. "It's best to have sex within 24 hours of ovulation, since ideally you want the sperm to be waiting when the egg comes down," says Dr. Santoro. If you're using an ovulation kit and seeing high levels of luteinizing hormone (LH) in your urine, expect ovulation to happen about 36 hours later. So get busy! (Or not, if a baby's not in your plans.)

the not-so-good: Be careful while you're playing sports. Research has found that women's knee joints tend to be looser during ovulation, which could make you vulnerable to an anterior cruciate ligament (ACL) injury.

who knew? Twenty percent of women can actually feel when they ovulate. They may get slight cramping called *mittelschmerz*, from the German for "middle pain."

EAT TO BEAT PMS

A short list of nutrients to get more of all month long to help ease symptoms when they roll around:

MAGNESIUM
Studies show that women with PMS have lower levels of this mineral. Get it in potatoes (white and sweet), peanuts, spinach, almonds, beans (black, lima, kidney, chickpeas).

VITAMIN B6
It helps you make dopamine, which helps regulate mood. Good food sources: bananas, whole-grain cereals and breads, potatoes (white), oatmeal, peanut butter and eggs.

CALCIUM
Research shows that calcium can help improve PMS mood swings and bloating. If you can't do dairy, take two 500–600 mg supplements twice daily with food.

Peanut butter can help ease PMS.

DAYS 16–28: prep for PMS

the good: Your body burns an extra 100 to 300 calories per day the week before your period, so if you've ever felt hungrier during that time, it's for a good reason. Try to get your fill of extra calories with healthy protein-carb combos, like 1 Tbsp of peanut butter on a whole-wheat pita, or a handful of nuts with a few whole-wheat pretzel sticks.

the not-so-good: An initial rise in progesterone can cause your skin to produce more oil, making you pimple-prone. As you get closer to your period, progesterone and estrogen levels drop, causing mood changes and concentration problems. About a week before your period, fatigue, cravings, breast tenderness and bloating get into full swing. In fact, water retention could cause a 3- to 5-pound gain. Cutting back on salt (it makes you retain water) and doing moderate exercise (which helps increase the production of feel-good endorphins) can ease symptoms, says Diana Taylor, RNP, PhD, director of the PMS Symptom Management Program at the University of California, San Francisco. Migraines can crop up just before—and during—your period because of the drop in estrogen. "We often give women who get migraines an estrogen patch for a day or two before their periods as a preventive measure," explains Diana Dell, MD, an assistant professor of psychiatry and obstetrics-gynecology at Duke University Medical Center.

who knew? If you crave chocolate, it could be because it has magnesium, which you lose as estrogen levels start to dip. *(Please turn to 152)*

FROM LEFT: SHUTTERSTOCK (3); VEER.

AND FOR OUR NEXT TRICK:
WE'LL MAKE VEGETABLES TASTE LIKE
CRANBERRIES

Nothing up our sleeves. No artificial flavors, colors or preservatives. No added sugar. Just **100%** juice. *V8 V-Fusion*® juice gives you a full serving of vegetables and a full serving of fruit. But all you taste is the fruit.

Try our latest miracle: ***CRANBERRY BLACKBERRY***

V8 WHAT'S YOUR NUMBER?™

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8oz. = 1/2 cup of vegetables + 1/2 cup of fruit

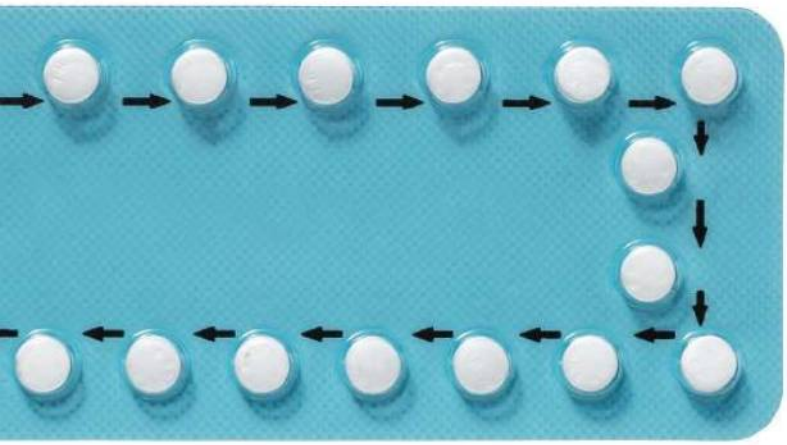
is it true that...

...Your hormones shift every seven years? There's no such timetable. Your hormones are always shifting because that's what happens throughout the monthly cycle itself. But big-picture changes are also always going on. "Women's hormones are always shifting because the ovarian reserve [the supply of remaining eggs] gets lower and lower as we age," Dr. Santoro says. The number of eggs in your ovaries in turn affects hormone levels. Specifically, as the number of eggs shrinks, levels of follicle-stimulating hormone (FSH)—which helps prompt ovulation—go up. And this can cause your periods to go out of whack.

...Women who live together often get their periods around the same time? Yes, and it has to do with pheromones, odorless chemicals that women produce and release. The theory is that our bodies detect and respond to the pheromones of the women around us, and gradually this creates a synchronicity of menstrual cycles. Strangely primitive, but true!

...You can't get pregnant during your period? It's unlikely, but not totally impossible. Sperm can, in rare instances, wait for an egg for up to a week. If you have a very short or long cycle, ovulation can happen soon after, or even during, the bleeding phase, which gives sperm the chance to get lucky.

...It's not safe to take the Pill without a break? Not true. If you've been getting your period regularly and you don't want to, it's fine to skip it by taking the Pill continuously (no seven-day gaps). Because the Pill contains progesterone-like hormones, it prevents the growth of the uterine lining, so there's no buildup and no lining to be shed. That's why you won't get a period.



PADS OR TAMPONS?

Which one you use is really a matter of personal preference. A few tips from the experts:

- **SKIP ANYTHING SCENTED.** "A perfumed tampon or pad can be irritating, especially since vaginal skin is thinner and more sensitive," says Lauren Streicher, MD, assistant clinical professor of medicine at Northwestern University's Feinberg School of Medicine.
- **YOU CAN LEAVE A TAMPON IN OVERNIGHT.** Just be sure to put in a new one before bed and change it first thing in the morning, says Jill Rabin, MD, associate professor of ob-gyn at the Hofstra University School of Medicine in partnership with the North Shore LIJ System, and author of *Mind Over Bladder.* While leaving it in longer than the packaging says probably won't cause toxic shock syndrome (TSS), it could up your risk for a vaginal infection such as yeast or bacterial vaginosis, or even a urinary tract infection. (If you've had TSS before, though, stick with pads.)

"There is no need healthwise to physically get a period," Dr. Santoro says. What *is* dangerous is if the lining of your uterus builds up and doesn't shed, since this can put you at risk for a buildup of precancerous cells. So if you're not getting periods and you're not on the Pill, menstruation should be induced at least every three months, says Sharon Mass, MD, a clinical assistant professor of obstetrics and gynecology at UMDNJ in Newark, New Jersey.

...Men can get PMS? No. Men do have their own hormonal rhythms, but not monthly ones like women's. And "their hormones don't fluctuate significantly until they begin to lose testosterone in their 60s," says Michele Curtis, MD, an associate professor of obstetrics and gynecology at the University of Texas Houston Medical School.

...If your mother got severe menstrual cramps, you're likely to get them, too? Possibly. Doctors say they have seen a generational link, but it isn't clear whether it's conditioning, genetics or both. For some women, "it may have to do with attitude and expectations," says Dr. Curtis. So if you *(Please turn to 154)*

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GOOD NEWS!

X3306 ZA566 0831

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SWEEPSTAKES FACTS: Giveaway No. 1400; End Date: 2/29/12; Est. Odds of Winning: 1 in 1,750,000,000. **You Have Not Yet Won. All Entries Have the Same Chance of Winning.** We don't know who the winner is. **Enter For Free.** You don't have to buy anything to enter. **Enter As Often As You Like.** You may submit additional entries by writing to the address at right. Each entry request must be mailed separately. **Buying Won't Help You Win.** Your chances of winning are the same as someone who buys something.

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...YOUR PERIOD—PERIOD!

CONTINUED grew up hearing your mother complain about cramps and saw her spend days in bed during her period, you might be more attuned to menstrual pain yourself. But there's no question: "For some women, severe cramping can be very debilitating," says Dr. Curtis. "It's almost like they're going through labor every month." If this happens to you, talk to your doctor about taking oral contraceptives (they can make your periods lighter and less crampy since they stop the uterine lining from getting so thick) or prescription-strength pain relievers.

USE TECH TO TRACK YOUR CYCLE

1 **iPERIOD ULTIMATE** ($1.99) This iPhone app tracks your period and sends you email alerts when it's expected or late, records symptoms, predicts ovulation and fertile days, and even gives you breast self-exam reminders.

2 **LADY BIZ** ($2.99) Predicts your periods, fertile days (denoted by purple squares on the calendar) and ovulation dates (yellow squares) for the next 12 months. It also helps you keep track of migraines, ob-gyn checkups, spotting, weight changes and more.

3 **MONTHLYINFO.COM** (free) After you input a few important dates, this website-based program will track your menstruation and send you an email or text message when you should expect another monthly visit.

4 **MYMONTHLYCYCLES.COM** (free) Use this website to keep tabs on PMS symptoms, breast exams and weight.

cycling through the decades

As you get older, your period, like the rest of your body, evolves. Here's what to expect.

In your 20s

Your biggest concern is probably cramps, since they tend to be worse when you're younger. The culprit: the prostaglandins that your body produces to stimulate contractions in your uterus in order for the lining to shed, explains David Plourd, MD, an assistant professor of obstetrics and gynecology at the Naval Medical Center in San Diego. Head off pain by taking an anti-inflammatory like ibuprofen just before your period arrives or at the first sign of cramps.

In your 30s

If you've had a baby, it can take 6 months or longer for your period to get back into a groove. Don't rely on breastfeeding as birth control unless you're doing it 100 percent exclusively; you can get pregnant even if your period hasn't come back. Fortunately, menstrual cramps usually ease up after childbirth.

By your late 30s your cycles may become shorter as fertility starts to drop off (the most dramatic decline is from ages 35 to 40). "Your cycles may go from, say, 30 days to 27," says Barry Witt, MD, medical director of the Greenwich Fertility Center in Connecticut.

In your 40s

PMS can get worse and your periods may become unpredictable, thanks to hormonal changes as you inch closer to menopause, Dr. Plourd explains. You're less likely to ovulate, but don't ditch the birth control. "The second-highest unintended pregnancy rate is in women in their 40s," notes Dr. Plourd.

In your 50s and beyond

Chances are your periods are coming less frequently, if at all. Once you've gone a full year without one, you're officially in menopause (the average age is 51½). That means PMS symptoms are history! Birth control will also be a thing of the past, but if you have a new partner, don't forget condoms: The rate of STDs is increasing in people age 45 and older. If vaginal thinness and dryness becomes a problem, you can use try vaginal moisturizers and lubricants or vaginal estrogens, which thicken the vaginal wall to combat oversensitivity.

(Please turn to 156)

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period problems not to ignore

If you notice any of these, talk to your ob-gyn.

Skipping periods If you miss two or more periods and you know you're not pregnant, it could be due to a hormonal imbalance, thyroid problems, excessive exercise or dieting, stress or premature menopause. Without a period, the lining of the uterus could build up too much, leading to the growth of abnormal cells (a potentially precancerous condition), notes Dr. Mass. Besides giving you a pelvic exam, your doctor is likely to order blood tests to check hormone levels and screen for a thyroid disorder, polycystic ovarian syndrome (or PCOS, a condition marked by high levels of androgens, or male hormones) and premature menopause.

Suddenly intense or worsening cramps This could be a sign of endometriosis, a condition in which cells that grow inside the uterus begin to grow outside the uterus, causing serious pelvic pain. "Symptoms can start any time, but most women who are diagnosed with it have some history of painful periods from a young age," Dr. Mass says. Intense cramping could also be caused by a mass in the pelvis.

Spotting If you start seeing blood in between your periods, the cause could be a uterine cyst or polyp, fibroids, an infection (like bacterial vaginosis) or a precancerous growth.

Heavy bleeding or periods that last longer than 10 days Soaking through a maxipad or super tampon in an hour or less qualifies as heavy. This could signal a medical problem (such as fibroids, polyps or adenomyosis, in which tissue from the uterine lining grows into the wall of the uterus) that could cause you to become anemic, explains Dr. Santoro.

PMS symptoms that are seriously disrupting your life It could be PMDD (premenstrual dysphoric disorder), which is "like PMS times a zillion," says Dr. Curtis. Symptoms include binge eating, mood swings with periods of crying, severe anxiety, anger and feeling out of control that happen the week just before your period and get better once bleeding starts. It can be very debilitating, but medications—like taking antidepressants for two weeks a month or continuously—can make a big difference. **wd**

GETTY

THE HORMONE EFFECT

If you've got asthma or irritable bowel syndrome and it seems to be a lot worse during the week or so before your period, it's probably not a coincidence. There's a phenomenon called Premenstrual Magnification in which a condition (including diabetes, depression and arthritis) may get worse right before your period, thanks to hormonal fluctuations. Talk to your doctor about increasing the dosage of your medication just before you get your period, which can help you feel better.

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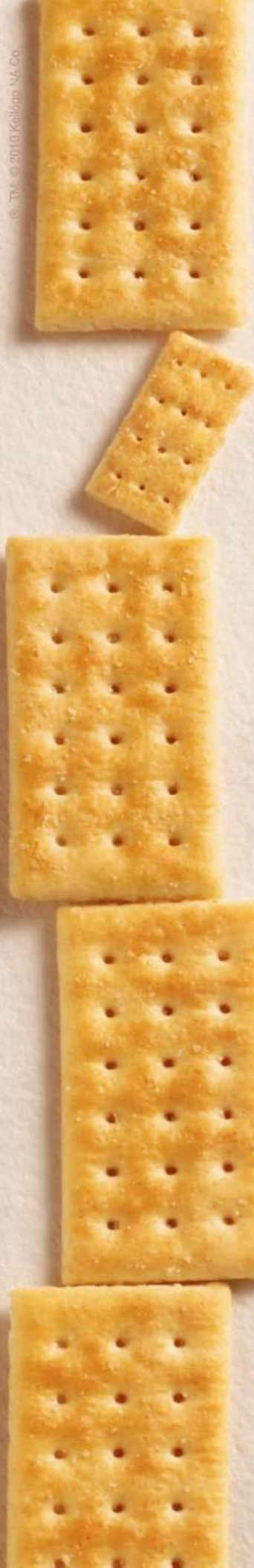

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ALL EARS

Before you banish your grill to its hibernation spot in the garage, fire it up for sweet tender corn, which happens to be at its flavor peak right now. To find out how to grill up a side dish you can really sink your teeth into, please turn the page.

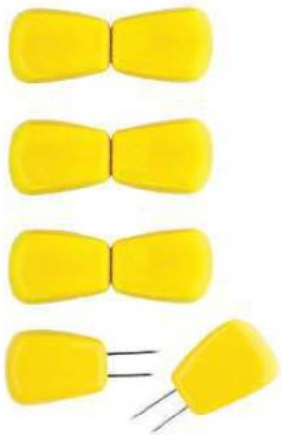
CON POULOS; FOOD STYLING BY JEE LEVIN; PROP STYLING BY PHILIPPA BRATHWAITE.

how to grill corn

When ready to grill corn on the cob, pull down the husks (but don't remove), rub a paper towel over the cob to remove silk strands, and put the husks back in place. Soak in a large pot of cool water for 30 minutes (the moisture helps it steam and prevents burning), drain and shake out excess water. Grill ears for 15 to 20 minutes, rotating with tongs, until husks are charred. Let cool a few minutes before removing husks.

A-MAIZE-ING TOPPINGS

CHEESE (try grated Parmesan, shredded Cheddar or crumbled queso fresco)
CAYENNE PEPPER
PESTO
SPRINKLE OF HOT SAUCE
SWEET PICKLE RELISH
RANCH DRESSING



SHARP IDEA

Dishwasher-safe Chef'n corn holders interlock for handy, finger-prick-free storage. ($9.99 for 4 sets of 2; *chefsresource.com*)

leftover corn? **make these**

corn fritters SERVES 6

Who needs pancakes? For a vegetable-fortified breakfast your kids will actually eat, try disguising kernels in these cakes. You can serve them up as anytime snacks, too.

ACTIVE: 10 MIN TOTAL: 25 MIN

1 pouch (6.5 oz) cornbread mix
1½ cups leftover corn
1 large egg
½ cup milk
1 Tbsp vegetable oil
Serve with: honey or maple syrup

1. In a medium bowl, combine cornbread mix, corn, egg and milk. Let mixture stand 5 minutes.

2. Pour the oil into a large nonstick skillet and heat over medium-high heat. Drop heaping Tbsps of batter into hot oil; cook 1 to 1½ minutes on each side. Flatten with spatula after turning.

3. Serve warm or at room temperature with a drizzle of honey or maple syrup.

picking corn

Whether you prefer yellow (sweeter kernels), white (milkier, starchier ones) or bicolor, choose ears with bright green husks and brown tassels. Peek under the greenery to make sure the rows are tightly packed to the tip. You can store unshucked ears for up to two days in the refrigerator—the corn starts to lose its sugary sweetness as soon as it's harvested.

TOP: JIM FRANCO; FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT. BOTTOM: COURTESY OF DAVID BELL/STUDIO 3 INC.

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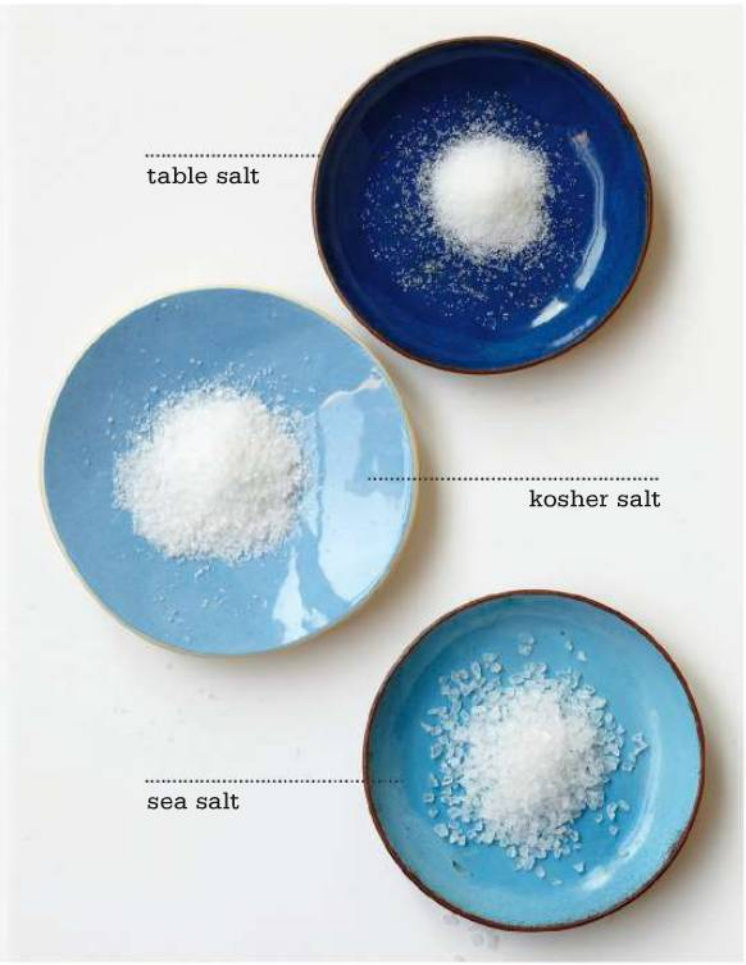
pinch of salt

Any magazine worth its salt cares about readers' health. That's why we'll be using kosher salt in all future WD recipes. Switching from table salt to kosher reduces sodium in dishes by a whopping half—substitute it measure for measure in all your recipes. A refresher course on your favorite seasoning:



- **table salt:** Processed into fine grains, it often includes additives like potassium iodide (which prevents iodine deficiency) and calcium silicate (to keep the granules from clumping).
- **kosher salt:** The dense crystals of this all-natural mineral—traditionally used for curing meats—don't dissolve as easily as the table version.
- **sea salt:** Harvested from evaporated sea water, this coarse seasoning is used in gourmet foods and in beauty products for its healing properties.

WIN GIADA GEAR

Here's the next best thing to having Giada De Laurentiis make you dinner: You can be one of 10 to win her new cookbook *Giada at Home,* plus marinara sauce, pasta, coffee, vinaigrette and utensils from her product line at Target ($75 value). Snap on the tag to enter.

a better couscous

Hearty wheat-based pearl couscous (also called Israeli or Middle Eastern couscous) absorbs sauces and seasonings better than the traditional variety. Try this easy side dish with fish, chicken or pork.

lemon couscous

SERVES 4

- **1¼ cups water**
- **1 cup pearl couscous**
- **¾ tsp kosher salt**
- **1 Tbsp olive oil**
- **¾ cup sliced scallions (about 6 trimmed)**
- **1 garlic clove, minced**
- **1 tsp lemon zest**
- **¼ tsp pepper**

1. In a 2-qt saucepan, heat water to a boil. Add couscous and ½ tsp of the salt. Cover and reduce heat to low; simmer 9 minutes, stirring once.
2. Meanwhile, in a small skillet, heat oil. Add scallion and sauté 4 to 5 minutes until softened. Add garlic and cook 1 minute. Stir in lemon zest.
3. Stir scallion mixture into couscous; sprinkle with remaining salt and the pepper. Serve.

TOP, LEFT AND RIGHT: LISA HUBBARD; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY PAMELA DUNCAN SILVER. BOTTOM: KANA OKADA; PROP STYLING BY PAMELA DUNCAN SILVER.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

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THE ULTIMATE Staycation

Make an excuse for a gal pal get-together and celebrate the final days of summer with a "staycation"—an extension of summer fun without leaving the comfort of your backyard. Here are some ideas from **Sauza®** to get you started:

- **Mark your "staycation" on the calendar** and choose a day to invite friends to join you.
- **Turn off your phone** and other gadgets to escape the demands of everyday life.
- **Have food ready before company arrives** so you can spend more time at the party and less time in the kitchen.
- **Create a playlist** of fun island tunes and summer favorites.
- **String up twinkle lights** to turn your laid-back gathering into a fun night of celebration.
- **Create a refreshing signature drink**, such as the **Sauza®-Rita**.

Sauza®-Rita A Fresh Twist on a Classic Margarita

1 can of frozen limeade
1 bottle of light beer
1 can of Sauza® Blanco Tequila
1 can of water

Pour frozen limeade and beer into pitcher with ice. **Fill** empty limeade can with Sauza Blanco and pour into pitcher. **Fill** empty limeade can with water and pour into pitcher. **Stir** and enjoy (responsibly). Makes 9 servings.

Snap here to complement this thirst-quenching refreshment with a **Thai Mango Chicken** recipe and easy entertaining tips that will ensure your "staycation" is a hit.

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GET THE SAUZA OUT FOR LADIES NIGHT IN

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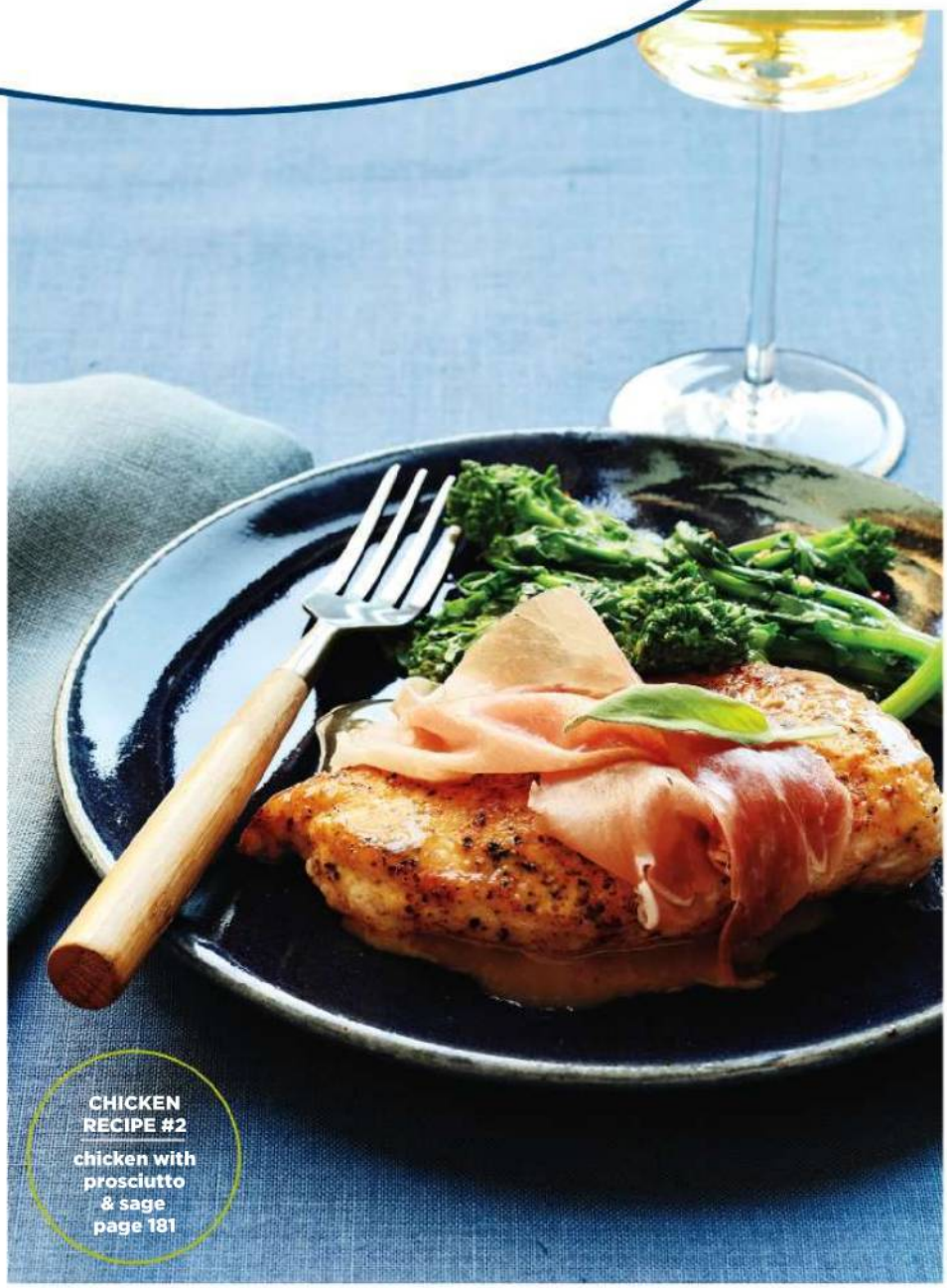
what's for dinner?

With these 30 fast and fresh family meals, your only decision all month has to be: beef, pork, chicken, fish or pasta

PHOTOGRAPHS BY LISA HUBBARD



FISH RECIPE #4

fish tacos page 184

PASTA RECIPE #5
farfalle with butternut squash & sage
page 186

RECIPES BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY PAMELA DUNCAN SILVER.

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PORK RECIPE #4
pork, cabbage & apple skillet
page 179

Pair the entrées with simple salad greens, rice pilaf or frozen steamer vegetables for well-rounded meals.

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ground beef

Choose beef that's 90 percent lean for plenty of flavor without too much fat.

1 stroganoff

Heat **2 tsp canola oil** in a large nonstick skillet over medium-high heat. Add **1 small chopped onion** and **1 lb sliced mushrooms** and cook, stirring occasionally, 5 minutes or until vegetables are softened. Add **1 lb lean ground beef**; cook, breaking up clumps with a spoon, 3 minutes until browned. Stir in a **12-oz jar au jus or beef gravy, 2 Tbsp sherry or 1 Tbsp Dijon mustard** and **¼ tsp ground pepper**. Simmer 3 minutes; remove from heat. Stir in **½ cup reduced-fat sour cream** and **¼**

cup chopped fresh dill or parsley. Serve stroganoff over wide egg noodles or rice.

2 cornbread & beef skillet pie

Heat oven to 400°F. Brown **1 lb lean ground beef** in a large skillet with heatproof handle over medium-high heat. Stir in a **21-oz can Ranchero Beans** and a **15.25-oz can drained corn niblets**. Simmer 2 minutes. Meanwhile, prepare a **6.5-oz pkg cornbread mix** as package directs. Spoon cornbread mixture on top of beef mixture in skillet. Sprinkle with **½ cup shredded pepperjack cheese**. Bake 15 minutes or until a wooden pick inserted in center of cornbread comes out clean. Cool 5 minutes.

3 "meatball" sub

Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil. Mix **½ cup Italian-seasoned bread crumbs, ¼ cup water, 1 large egg, 2 Tbsp dried minced onion** and **1 tsp Italian seasoning** in a large bowl until blended. Add **1 lb lean ground beef**; mix well. Pat into a 5 x 6-in. rectangle. Cut lengthwise in 3 strips and then cut each strip in 4; place on lined baking sheet. Bake 15 minutes, turning over

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UNCLE BEN'S® Heart Healthy Chicken & Brown Rice Salad

For other delicious recipes, go to unclebens.com

SERVES: 6

Prep Time: 20 minutes

Meal Occasion: Appetizer, Side Dish, Salad, Lunch

Cuisine Type: American

INGREDIENTS

2 bags UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
2 cups shredded skinless chicken breast cooked and cooled
2 medium green apples thinly sliced
1 cup red onion finely chopped (optional)
1/3 cup toasted walnuts coarsely chopped
2 Tbsp. fresh sage chopped
6 Tbsp. low-fat balsamic vinaigrette

INSTRUCTIONS

1. Prepare UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice according to package directions. Let cool.
2. If chicken is not already cooked, grill in pan under medium-high heat until cooked through.
3. In a large bowl, toss together rice, chicken, green apple, red onion, walnuts and balsamic vinaigrette.
4. Garnish with fresh sage. Serve cold or room temperature.

after 7 minutes. In a 2-qt saucepan, bring a **24- to 26-oz jar marinara sauce** to a simmer; add meat. Turn oven on to broil. Split **4 hero rolls** and open each like a book. Spoon 3 "meatballs" onto each roll. Top each with **¼ cup shredded mozzarella**; place on foil-lined baking sheet. Broil until cheese is melted. Serve with remaining sauce.

4 mexican beef & black bean soup

Put **8 oz lean ground beef, 1 cup chopped onion**, and **1 tsp each dried oregano and ground cumin** in a 2- to 3-qt saucepan. Cook, breaking up clumps of beef with a spoon, 3 minutes or until beef is browned. Add **one 14- to 15-oz can each of corn, chicken broth, diced tomatoes with green chiles, and rinsed black beans**; bring mixture to a boil. Reduce heat to low; simmer 5 to 10 minutes for flavors to blend. Stir in **½ cup chopped cilantro** and serve with crushed **corn tortilla chips**.

5 mini meat loaves

Heat oven to 450°F. Line a rimmed baking sheet with foil. Whisk **⅓ cup ketchup, 2 tsp Worcestershire sauce, 1 large egg** and **½ tsp kosher salt** in a large bowl to blend. Add **1 lb lean ground beef, ½ cup seasoned dried bread crumbs** and **⅓ cup sliced scallions**. Mix well using hands. Form mixture into four 4 x 2-in. loaves on lined baking sheet. Spread **2 tsp ketchup** over top of each loaf. Bake 25 minutes or until cooked through and a meat thermometer inserted in centers registers 160°F.

6 picadillo on buns

Heat a large nonstick skillet over medium-high heat. Crumble in **1 lb lean ground beef**. Stir, breaking up clumps with a spoon, 3 minutes or until browned. Stir in a **14½-oz can diced tomatoes with onion and garlic, ⅓ cup sliced pimiento-stuffed olives, 3 Tbsp raisins, 2 Tbsp each cider vinegar and tomato paste, 1 tsp each cinnamon, oregano and cumin**, and **½ tsp kosher salt**. Bring mixture to a simmer; cook 5 to 10 minutes for flavors to blend. Divide among **4 hamburger buns**.

pork

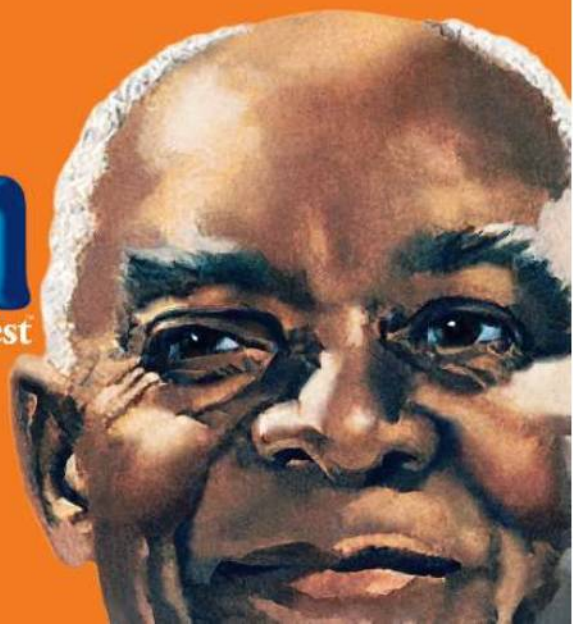
To select the healthiest cuts of "the other white meat," look for the word *loin* on the package label.

1 mustard-herb crusted tenderloin

Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil. ▶

"Enjoy this recipe. Of course, if you just want to eat my Boil-in-Bag Whole Grain Brown Rice by itself, that would be fine too."

Ben knows best



A RECIPE FROM MY FAMILY TO YOURS

"We're lucky that we get to enjoy nature everyday on our cattle ranch. We can ride our horses, have a picnic and watch the sun set. Riding horses is one of my favorite things that we get to do. It gives me a sense of peace and I just really enjoy that. My three-year-old also has many highlights in her day. She can climb and roll, build pretend houses and forts. She's just in a world of her own out here and she loves it.

If you are looking for a new beef recipe, try the 'Filet with Horseradish Cream' – my family enjoys it and I have a lot of fun preparing it."

Nancy Madaris (middle), and family, CK Cattle Ranch, Hope Hull, Alabama.

FILET WITH HORSERADISH CREAM

TOTAL RECIPE TIME: 25 TO 30 MINUTES

- 4 beef tenderloin steaks, cut 1 inch thick (about 4 ounces each)
- 1 tablespoon minced garlic
- ½ teaspoon dried thyme leaves
- ½ teaspoon cracked black pepper
- salt

HORSERADISH CREAM:

- ¼ cup dairy sour cream
- 1 tablespoon prepared horseradish
- 1 tablespoon finely chopped green onion

DIRECTIONS:

1. Combine garlic, thyme and pepper; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, combine Horseradish Cream ingredients in small bowl; refrigerate until ready to use. Season steaks with salt, as desired. Serve with Horseradish Cream.

Makes 4 servings.

Nutrition information per serving: 207 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 77 mg cholesterol; 71 mg sodium; 2 g carbohydrate; 0.4 g fiber; 25 g protein; 7.3 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 1.8 mg iron; 30.0 mcg selenium; 4.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.

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FILET

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Mix ¼ cup panko bread crumbs, 1 Tbsp each minced garlic and olive oil, 1½ tsp each chopped fresh thyme and fresh rosemary, and ¼ tsp each kosher salt and pepper on a sheet of wax paper. Brush a 1¼-lb pork tenderloin with 1 Tbsp Dijon mustard, roll in crumb mixture, brush bottom with another Tbsp Dijon mustard and coat with remaining crumbs. Place on prepared pan. Roast pork 20 to 25 minutes until crust is golden and instant-read thermometer inserted into center registers 155°F. Let pork rest 5 minutes; slice.

2 cumin-spiced pork chops with fresh corn salsa

Sprinkle 4 bone-in thin pork chops (about 1½ lb) with 1 tsp ground cumin and ½ tsp kosher salt. Heat 1 tsp oil in a large nonstick skillet over medium-high heat. Add chops and cook 3 to 4 minutes per side until just cooked through. Remove to a serving platter. Sauté 1 cup fresh corn kernels in same pan over high heat until light golden. Remove from heat; stir in 1 cup salsa and ⅓ cup chopped cilantro. Spoon over chops and serve with lime wedges if desired.

3 sweet 'n' sour pork stir-fry

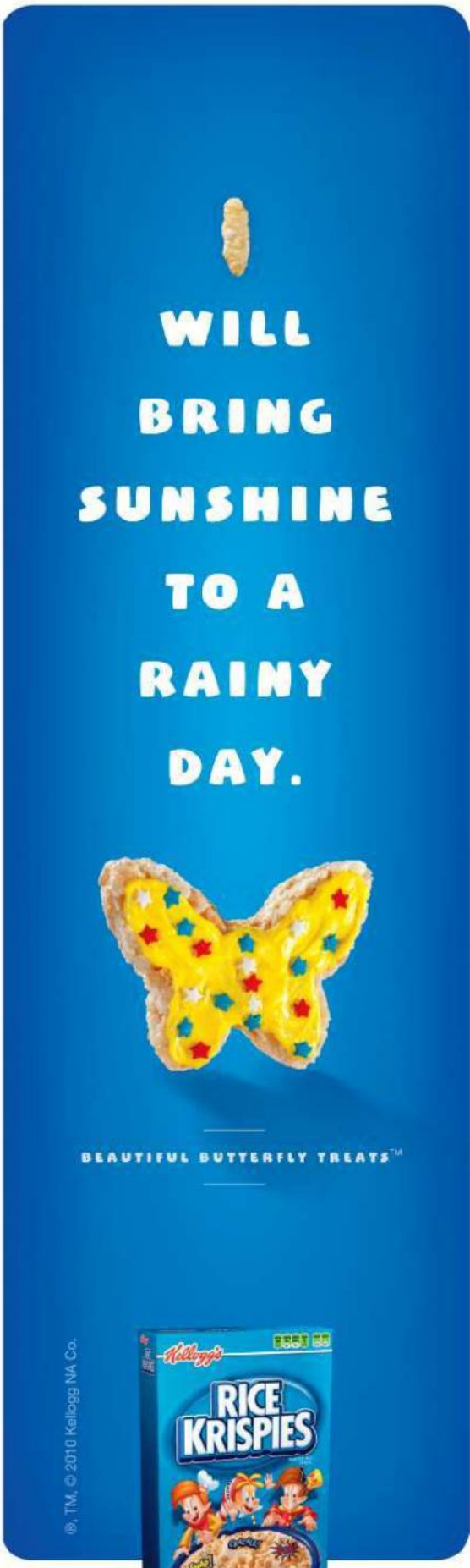
Mix ½ cup apricot preserves, ⅓ cup ketchup, 2 Tbsp cider vinegar and 2 tsp minced garlic in a small bowl. Cut 1 lb pork tenderloin into ½-in.-thick strips. Toss with 2 Tbsp cornstarch in a large ziptop bag. Heat 1 Tbsp oil in large nonstick skillet over medium-high heat. Add pork to skillet; stir-fry 5 minutes or until just cooked through. Remove pork to a plate. Add 2 tsp oil to same skillet. Stir-fry 1 red bell pepper, cut into ½-in. strips, 1 minute. Add 2 cups fresh pineapple chunks; cook 1 minute more. Add apricot-ketchup mixture and pork to skillet; cook 30 seconds until evenly coated and heated through.

4 pork, cabbage & apple skillet

Season 4 well-trimmed ½-in.-thick bone-in pork chops with ¼ tsp each kosher salt and pepper. Heat 2 tsp oil in a large nonstick skillet over medium-high heat. Add chops and cook, turning once, 3 minutes; remove to a plate. Add 1 sliced small red onion to skillet; sauté 3 minutes until softened. Add 4 cups shredded cabbage, 1 cup apple juice, and ½ tsp each kosher salt and dried thyme; cook, stirring often, 5 minutes or until cabbage softens. Stir in 1 Gala apple, seeded and cut into ½-in. wedges; cook 2 minutes. Stir in 2 tsp cider vinegar; add chops back to skillet. Cover and cook 2 minutes over low heat until apples are tender.

5 apricot-spiced glazed pork

Heat oven to 425°F. Line two rimmed baking sheets with nonstick foil. Mix ½ cup apricot preserves, ½ tsp each chili powder and ground cumin, and ¼ tsp crushed red pepper flakes in a small bowl; reserve ¼ cup. (Stir 1 Tbsp cider vinegar into remaining mixture; set aside for serving.) Cut 2 large sweet potatoes into ½-in. wedges. Place on one baking sheet; toss with 2 tsp oil, ½ tsp kosher salt and ¼ tsp pepper. Place a 1¼-lb pork tenderloin on other baking sheet. Divide the reserved apricot mixture into two small bowls. Brush pork with half of ▶



WDdiary

An inside look at *Woman's Day* events, promotions and special offers

Welcome the newest addition to the NESTLÉ® RAISINETS® family of 100% chocolate covered fruit, **NEW! Cherry RAISINETS®**. With 30% less fat than the leading candy brands, these whole dried cherries drenched in rich and delicious NESTLÉ® dark chocolate are the better-for-you treat that cherry lovers everywhere have been waiting for.

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Big Fish Games Presents Mystery Case Files: Ravenhearst

Solve the mystery of Ravenhearst Manor in the smash hit Puzzle Game.

A FREE Game for *Woman's Day* Readers

Mystery Case Files: Ravenhearst

You can unlock the secrets held within Ravenhearst Manor by assuming the role of Master Detective and scouring the manor for cleverly hidden clues. Locating and assembling the diary pages of Emma Ravenhearst will tell the story of the house and, ultimately, unlock the mystery.

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Visit **WomansDay.com/diary** to enter the **"Dollars and Sense" Sweepstakes**. This month, one lucky winner will receive an iPod Touch pre-loaded with Buxfer personal finance software.

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divided apricot mixture. Roast pork and potatoes 10 minutes; brush pork with remaining small bowl of apricot mixture and toss potatoes. Roast 15 minutes more until potatoes are tender and pork registers 155°F on an instant-read thermometer inserted in center. Let pork rest 5 to 10 minutes; slice and serve with potatoes and reserved apricot sauce.

6 grilled pork with cilantro-lime sauce

Heat grill pan. Brush **4 boneless thin-cut pork chops (3 to 4 oz each)** with **2 tsp olive oil** and sprinkle with **1 tsp kosher salt**. Grill pork, turning once, about 7 minutes or until cooked through. Meanwhile, to make sauce: Pulse in food processor **1½ cups packed cilantro leaves** and **2 cloves garlic** until finely chopped. Add **2 Tbsp each olive oil, lime juice and water** and **½ tsp kosher salt**; process until blended. Serve with pork.

chicken

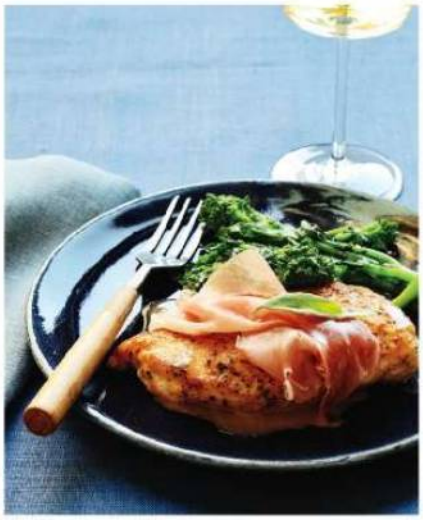
White-meat breasts tend to be the most popular cut, but they're also the priciest, so consider adding flavorful darker cuts like thighs to your diet.

1 chicken & broccoli stir-fry

Mix **½ cup orange juice, ¼ cup reduced-sodium soy sauce, 1 Tbsp each minced garlic and sugar**, and **2 tsp cornstarch** in small bowl until blended; set aside. Cut **1 lb boneless, skinless chicken thighs** into bite-size pieces. Toss with **2 Tbsp cornstarch** in a large ziptop bag. Heat **1 Tbsp oil** in large nonstick skillet over medium-high heat. Add chicken and stir-fry 5 minutes or until just cooked through; remove to plate. Heat **2 tsp oil** in same skillet; stir-fry **4 cups broccoli florets** 3 to 5 minutes until crisp-tender. Add soy sauce mixture and chicken to skillet; bring mixture to a simmer and cook 1 minute until sauce is thickened.

2 chicken with prosciutto & sage

Toss **four 5-oz boneless, skinless chicken breasts** in a large ziptop bag with **¼ cup flour** and **¼ tsp each kosher salt and pepper**. Heat **1 Tbsp oil** in a large nonstick skillet over medium-high heat. Add chicken, reduce heat to medium and cook, turning once, 7 minutes or until golden and cooked through. Remove to serving plates. Sprinkle each with **¼ tsp chopped fresh sage** and top each with **1 slice prosciutto.** Add **¾ cup chicken broth** and **1 Tbsp lemon juice** to skillet, stirring to dissolve browned bits; simmer 1 minute. Whisk in **1 Tbsp butter**; spoon over chicken.



3 southern "fried" chicken salad

Heat oven to 400°F. Line a rimmed baking sheet with nonstick foil. Mix **1 Tbsp ranch salad dressing mix (from a 1-oz packet)** with **⅓ cup reduced-fat mayonnaise** and **¼ cup water**. Set aside. Mix remaining ranch mix with **2 cups French fried onion rings (French's)** in a large ziptop bag; crush. Add **1 lb chicken tenders**; toss to coat. Bake on prepared baking sheet 15 minutes or until chicken is cooked through ▶

FREE GAME

FOR Woman's Day READERS!

SOLVE THE MYSTERY OF RAVENHEARST MANOR IN THE SMASH HIT PUZZLE GAME

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RAVENHEARST

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BIG FISH Games

and crisp. Mix **8 cups torn romaine lettuce, 2 cups tomato wedges, 2 cups sliced cucumber** and **½ cup sliced red onion** with a little ranch dressing in a large bowl; divide mixture among plates. Cut chicken into bite-size pieces, divide on salads and serve with remaining dressing.

4 chicken with shallots & balsamic vinegar

Coat **four 5-oz boneless, skinless chicken breasts** in a mixture of **2 Tbsp flour, ¼ tsp kosher salt** and **⅛ tsp pepper**. Heat **2 tsp olive oil** in a large nonstick skillet. Add chicken and cook, turning once, 7 minutes or until golden and cooked through. Remove chicken to plate; cover to keep warm. Add **½ cup chopped shallots** to skillet; sauté 1 to 2 minutes until lightly browned. Add **1 cup chicken broth, 2 Tbsp balsamic vinegar** and **½ tsp dried thyme**. Bring to a boil and cook, stirring often, 4 minutes or until shallots are tender and sauce is syrupy. Stir in **1 Tbsp butter**; remove from heat. Place chicken on serving plates; spoon on sauce.

5 easy chicken parmesan

Heat oven to 450°F. Line a large rimmed baking sheet with nonstick foil. Whisk **1 large egg** in a shallow bowl to blend. Mix **1½ cups Progresso Italian Style Panko Bread Crumbs, ½ cup grated Parmesan** and **1 Tbsp olive oil** on a sheet of wax paper. Dip **four 5-oz boneless, skinless chicken breasts** into egg, then press into panko mixture to coat. Place on prepared baking sheet. Bake chicken 15 minutes or until browned and cooked through. Meanwhile, heat **1½ cups marinara sauce** in a small saucepan or in microwave until simmering. Top each cooked breast with **2 Tbsp each sauce and shredded mozzarella**. Return to oven and bake 1 to 2 minutes to melt cheese. Serve with remaining sauce.

6 chicken piccata

Coat **4 chicken cutlets (about 1 lb)** in a mixture of **2 Tbsp flour, ¼ tsp kosher salt** and **⅛ tsp pepper**. Heat **2 tsp olive oil** in a large nonstick skillet. Add chicken and cook, turning once, 6 minutes or until golden and cooked through. Remove to serving plate. In a measuring cup, combine **¾ cup chicken broth, 2 tsp cornstarch** and **¼ cup lemon juice**. Add to skillet and whisk with pan drippings. Simmer 1 minute until slightly thickened. Remove from heat; stir in **2 tsp each butter and capers** and spoon over chicken.

fish

Tilapia or any firm-flesh fillets like flounder or catfish work well in these recipes—they're mild-tasting and won't fall apart when cooked.

1 pesto crumb-topped fish

Heat oven to 450°F. Line a rimmed baking sheet with nonstick foil. Place **four 6-oz fish fillets** on lined baking sheet. Mix **½ cup panko bread crumbs** with **½ cup refrigerated pesto** in small bowl. Spread 2 Tbsp crumb mixture on top of each fillet. Bake 15 minutes or until crumb topping is browned and fish is just cooked through.

2 baked fish with horseradish butter

Heat oven to 450°F. Place **four 6-oz fish fillets** in a 13 x 9-in. baking dish. Mix **¼ cup chopped scallions, 2 Tbsp softened unsalted butter, 2 Tbsp hot or mild horseradish, 1 Tbsp lemon juice** and **½ tsp kosher salt** until blended. Spoon 2 Tbsp butter mixture over each fillet. Bake 12 to 15 minutes or until fish is just cooked through. ▶

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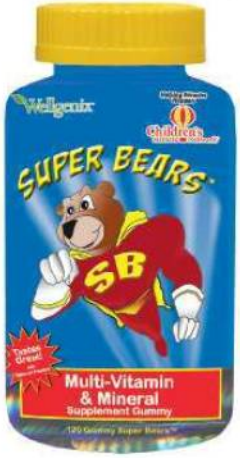

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3 cornmeal-crusted fish with lemon-caper sauce

Mix **¾ cup reduced-fat mayonnaise, 1 tsp grated lemon zest**, and **2 Tbsp each lemon juice and capers** in a medium bowl. Set aside. Mix **½ cup flour** and **½ tsp each kosher salt and freshly ground black pepper** on a sheet of wax paper. On another sheet of wax paper, place **1 cup cornmeal**. Beat together **2 large eggs** in a shallow dish. Dip **four 6-oz fish fillets** into flour mixture, then egg, then cornmeal until fillets are evenly coated. Heat **2 Tbsp oil** in a large nonstick skillet over medium-high heat. Panfry fillets, turning once, until golden and cooked through, about 4 to 5 minutes. Serve with lemon-caper sauce.

4 fish tacos

Coat **1 lb thin fish fillets** with **½ tsp each kosher salt and ground cumin**. Heat **2 tsp oil** in a large nonstick skillet. Add fish; cook 5 to 7 minutes, turning once, until just cooked through. Meanwhile, in a medium bowl, toss

2 cups shredded lettuce, 1 diced avocado, ⅓ cup chopped cilantro, 1 Tbsp lime juice and **2 tsp olive oil**. Remove cooked fish to a plate and break into chunks. Fill **8 warmed corn tortillas** with lettuce mixture and fish. Top with **salsa** if desired.

5 asian glazed fish

Heat broiler; line a rimmed baking sheet with nonstick foil. In a small bowl, stir **¼ cup Asian plum sauce, 2 tsp grated ginger, ½ tsp grated orange zest** and **1 Tbsp orange juice**. Place **four 6-oz fish fillets** on prepared pan. Spoon sauce over fish; broil 5 minutes or until just cooked through.

6 grilled fish with mango-peach chutney

Heat oiled grill pan over medium-high heat. Brush **four 6-oz fish fillets** with **1 Tbsp oil**; sprinkle with **1 tsp curry powder** and **½ tsp kosher salt**. Grill fish 5 to 7 minutes, turning once, until just cooked through. Meanwhile, in a medium bowl, stir **½ cup mango chutney, 1 diced peach,** and **1 Tbsp each chopped cilantro and red onion**. Spoon chutney over fish.

pasta

Try replacing the semolina pasta in these recipes with whole-wheat or multigrain varieties, which are higher in fiber and omega-3s and lower in sugar (great for the kids!).

1 spaghetti with caramelized onions & goat cheese

Cook **12 oz spaghetti** in lightly salted boiling water as package directs. While pasta cooks, cook **4 slices bacon, cut in ½-in. pieces**, in a large nonstick skillet until browned, about 5 minutes. Remove to a paper towel–lined plate. Add **2½ cups thinly sliced red onion** to skillet; cook, stirring occasionally, 10 minutes or until golden and tender. When pasta is done, reserve **1 cup pasta cooking water,** then drain pasta and return to pot. Crumble in **4 oz goat cheese, 2 Tbsp chopped fresh parsley** and about **¾ cup pasta water**. Toss until goat cheese melts. Season with **freshly ground pepper to taste** and add more pasta water if desired. Sprinkle with bacon.

2 pasta with shrimp, tomato & basil

Cook **12 oz cavatappi or other pasta** in lightly salted boiling water as package directs. While pasta cooks, put **2 cups diced fresh tomatoes** in a bowl; add **1 Tbsp olive oil** and **½ tsp kosher salt** and toss. Let stand, tossing occasionally. About 5 minutes before pasta will be done, heat **1 tsp olive oil** in a large nonstick skillet. Add **1 lb peeled deveined large shrimp**; sauté 3 minutes or until shrimp are just cooked through. Add **2 tsp minced garlic**; toss over low heat 30 seconds. Remove from heat and stir in tomatoes and juices from bowl; toss. Drain pasta; return to pot. Add shrimp mixture, **⅓ cup strips of fresh basil** and **1 Tbsp olive oil**; toss.

3 rigatoni with broccoli rabe & white beans

Cook **12 oz rigatoni pasta** in lightly salted boiling water as package directs, adding **8 oz broccoli rabe, cut into 1- to 2-in. pieces**, 3 minutes before pasta will be done. While pasta cooks, heat **1 Tbsp olive oil** in a large nonstick skillet. Add **1 cup chopped onion**; sauté 5 minutes until tender. Stir in **2 tsp minced garlic**; cook 1 minute. Add a **15-oz can drained and rinsed cannellini beans** and **¼ tsp crushed red pepper flakes**; simmer 1 to 2 minutes for flavors to blend. When pasta and broccoli rabe are done, reserve **½ cup pasta cooking water**, then drain pasta and return to pot. Add beans and cooking water to pot with pasta; toss to evenly coat. Serve with **grated Parmesan**. ▶

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TWINKLING STAR TREATS™

INGREDIENTS

3 tbsp. butter or margarine

1 10-oz. package regular marshmallows

6 cups Rice Krispies® Cereal

Canned frosting or decorating gel

Assorted candies and sprinkles

DIRECTIONS

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S® RICE KRISPIES® and stir until well coated.

3. Press mixture into a 15" x 10" pan coated with cooking spray. Cool slightly.

4. Using cookie cutter coated with cooking spray, cut into star shapes.

5. Decorate with frosting and candy.

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4 penne puttanesca

Cook **12 oz penne pasta** in lightly salted boiling water as package directs. While pasta cooks, pour **2 Tbsp oil from a 5-oz can tuna in olive oil** into a large nonstick skillet and heat over medium heat. Add **1 Tbsp minced garlic**; cook 1 minute until fragrant. Stir in a **28-oz can crushed tomatoes, ½ cup halved pitted olives, 2 Tbsp drained capers** and **¼ tsp crushed red pepper flakes**; bring to a simmer. Reduce heat; simmer 5 minutes for flavors to blend. Stir in tuna. Drain pasta; return to pot. Add sauce and **chopped parsley** if desired; toss.

5 farfalle with butternut squash & sage

Cook **12 oz farfalle pasta** in lightly salted boiling water as package directs. While pasta cooks, heat **1 cup milk, 3 cups ½-in. pieces peeled fresh butternut squash** and **1 Tbsp chopped fresh sage** in a medium saucepan until simmering. Reduce heat to medium-low; cover and simmer 5 minutes or just until squash

is tender. Remove saucepan from heat and stir in a **5.2-oz package Boursin Shallot & Chive cheese** until blended. Drain pasta well and return to pot. Add squash and sauce and gently toss to mix and coat.

6 fettuccine with prosciutto & peas

Cook **12 oz fettuccine** in lightly salted boiling water as package directs. While pasta cooks, melt **2 tsp butter** in a large nonstick skillet. Add **1 cup frozen peas** and **½ cup sliced scallions**; sauté 2 minutes. Add **½ cup heavy cream**; simmer 1 minute or until peas are tender. Stir in **4 oz sliced prosciutto, cut into strips**; remove from heat. Reserve **1 cup pasta cooking water,** then drain pasta and return to pot. Pour sauce over pasta; add **2 Tbsp grated Parmesan** and **black pepper to taste**; toss. Add reserved pasta water to thin sauce as desired. **wd**

KITCHEN STAPLES

Meal preparation will go much faster if you keep these items on hand.

PACKAGED

- ☐ beans
- ☐ tuna or salmon
- ☐ whole or diced tomatoes
- ☐ marinara sauce
- ☐ rice or couscous
- ☐ pasta
- ☐ salsa
- ☐ peanut butter
- ☐ broth or bouillon
- ☐ ketchup
- ☐ mustard
- ☐ barbecue sauce
- ☐ chili sauce
- ☐ soy sauce
- ☐ oil
- ☐ vinegar
- ☐ sugar

FROZEN

- ☐ vegetables
- ☐ leftover cooked meat
- ☐ individually frozen fish fillets and chicken breasts

REFRIGERATED

- ☐ eggs
- ☐ milk
- ☐ yogurt or sour cream
- ☐ mayonnaise

VEGETABLES

- ☐ onions
- ☐ garlic
- ☐ potatoes
- ☐ carrots

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-Stacy McCleary

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skirt steak with chimichurri

1 ¾ tsp ground cumin, divided

2 1 container (6 oz) cilantro lime pesto

3 1 lb skirt steak

SERVES 4

ACTIVE: 8 MIN **TOTAL: 22 MIN**

Heat outdoor grill or stovetop grill pan. Stir ½ tsp each ground cumin and black pepper into the cilantro lime pesto.

In small bowl, combine ¼ tsp each ground cumin, kosher salt and pepper. Sprinkle both sides of steak with mixture.

Grill steak 5 to 6 minutes, turning once, for medium-rare. Let rest 10 minutes; slice and serve with chimichurri.

Per serving: 393 cal, 25 g pro, 2 g car, 1 g fiber, 32 g fat (6 g sat fat), 55 mg chol, 256 mg sod

TRY THIS TOO

- Stir ½ cup chopped, pitted Kalamata olives into cilantro lime pesto.
- Toss chimichurri with cubed avocado, chopped tomatoes and cooked pasta for a quick salad.
- Stir 2 Tbsp fresh lime juice into cilantro lime pesto.

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whole-grain apple cake

1 **1 box (20.5 oz) whole-grain apple-cinnamon muffin mix**

2 **2 large eggs**

3 **3 medium Granny Smith or Gala apples, peeled, cored and cut in ¼-in.-thick slices**

SERVES 12

ACTIVE: 15 MIN **TOTAL: 1 HR 10 MIN**

Heat oven to 375°F. Coat a 9-in. springform pan with nonstick cooking spray. Prepare muffin mix as package directs, using 2 eggs, ½ cup water and ¼ cup oil. Gently stir in 1 sliced apple with the provided apple-cinnamon pouch. Spread into pan.

Arrange remaining apple slices in concentric circles on top. Sprinkle 3 Tbsp sugar, then the granola topping on top.

Bake 55 minutes or until wooden pick inserted in center comes out clean.

Per serving: 244 cal, 4 g pro, 41 g car, 4 g fiber, 9 g fat (1 g sat fat), 35 mg chol, 242 mg sod

TRY THIS TOO

- Sprinkle ¼ cup chopped walnuts on top along with the granola.
- Use 3 pears, peeled, cored and sliced, instead of apples.
- Stir 2 tsp grated lemon zest into batter.

KATE SEARS; RECIPE & FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT; PROP STYLING BY GERRI WILLIAMS.

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raising the bar

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apricot-almond bars

apricot-almond bars

MAKES 24 BARS

ACTIVE: 10 MIN **TOTAL: 45 MIN**

- **1 bag (6 oz) dried apricots, chopped**
- **¾ stick (6 Tbsp) unsalted butter, softened**
- **⅔ cup sugar**
- **1 large egg**
- **1½ tsp almond extract**
- **1 cup white whole-wheat flour**
- **¼ cup wheat germ**
- **½ tsp baking soda**
- **¼ tsp salt**
- **1 cup quick-cooking oats**
- **¼ cup plus 1 Tbsp sliced almonds**

1. Heat oven to 350°F. Line a 9 x 9-in. baking pan with nonstick foil (let the foil extend about 2 in. above pan at both ends).

2. Bring ¼ cup water to a boil. Place apricots in a food processor; pour boiling water over apricots. Cover and let stand while proceeding with recipe.

3. In a large bowl with electric mixer, beat butter and sugar until light and fluffy. Beat in egg and almond extract.

4. With mixer on low speed, beat in flour, wheat germ, baking soda and salt just until blended. Stir in oats and ¼ cup of the almonds.

5. Press 1½ cups of the dough into pan. Process apricots and water until smooth. Spread over top of dough. Crumble remaining dough over top. Sprinkle with remaining 1 Tbsp almonds.

6. Bake 30 to 35 minutes or until top is golden. Cool completely in pan on wire rack.

7. Holding foil by ends, lift from pan onto a cutting board. Carefully cut lengthwise in 4 strips and then cut each strip in 6; remove foil. ▶

Per bar: 111 cal, 2 g pro, 17 g car, 2 g fiber, 4 g fat (2 g sat fat), 16 mg chol, 54 mg sod

RECIPES BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY PAMELA DUNCAN SILVER.

heart-healthy (see *womansday.com/hearthealthy*)

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monkey bars

monkey bars

MAKES 40 BARS

ACTIVE: 10 MIN TOTAL: 30 MIN

- 1⅔ cups mashed ripe bananas (about 5 bananas)
- ¾ cup packed light-brown sugar
- ¼ cup oil
- ¼ cup milk
- 2 large eggs
- 2 tsp vanilla extract
- 1 tsp each baking soda and cinnamon
- ¼ tsp salt
- 1¾ cups white whole-wheat flour
- 1 cup mini chocolate chips

1. Heat oven to 350°F. Line a 15 x 10 x ½-in. baking pan with nonstick foil (let the foil extend about 2 in. above pan at both ends).

2. Whisk mashed bananas, sugar, oil, milk, eggs, vanilla, baking soda, cinnamon and salt in a large bowl until mixed thoroughly. Whisk in flour just until blended; gently stir in ½ cup of the mini chocolate chips.

3. Spread batter in prepared pan. Sprinkle remaining chocolate chips on top. Bake 15 to 20 minutes until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

4. Holding foil by ends, lift from pan onto a cutting board. Carefully cut lengthwise in 4 strips and then cut each strip in 10; remove foil.

Per bar: 80 cal, 1 g pro, 13 g car, 1 g fiber, 3 g fat (1 g sat fat), 11 mg chol, 52 mg sod

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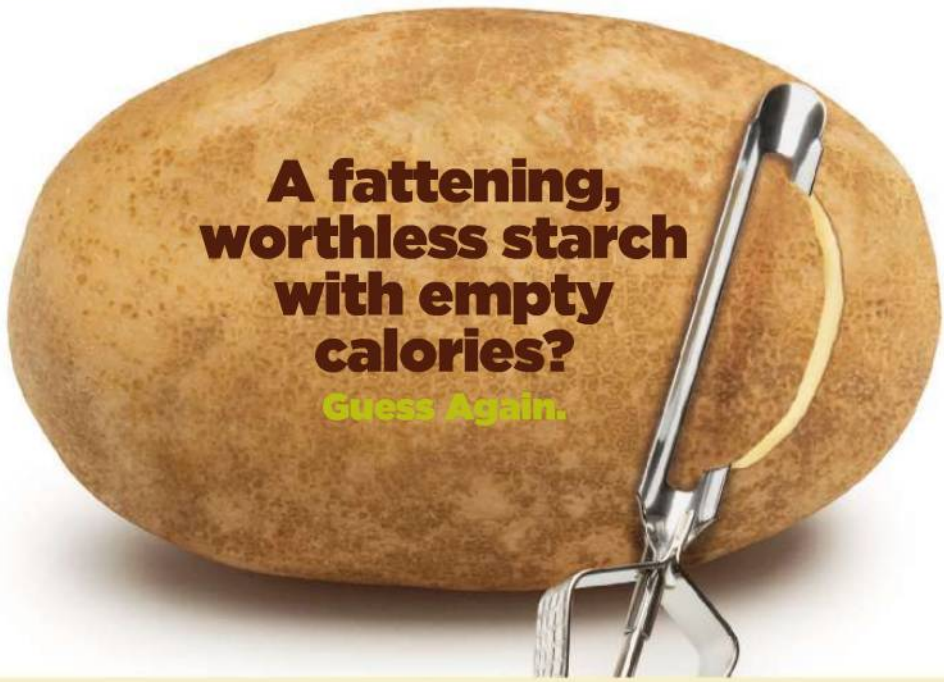
potatogoodness.com



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It's time to peel back the truth.

no-bake peanut butter crunch bars

MAKES 24 BARS

ACTIVE: 10 MIN **TOTAL: 1 HR 10 MIN**

- **2 cups slightly crushed whole-grain flake cereal (we used Kashi)**
- **2 cups whole-grain puffed rice cereal (we used Arrowhead Mills)**
- **1 cup dried cranberries**
- **½ cup unsalted cocktail peanuts**
- **½ cup reduced-fat creamy peanut butter**
- **½ cup packed light-brown sugar**
- **½ cup honey**
- **1 Tbsp unsalted butter**

1. Line a 13 x 9-in. baking pan with nonstick foil (let the foil extend about 2 in. above pan at both ends).

2. Mix cereals, cranberries and peanuts in a large bowl.

3. Mix peanut butter, sugar, honey and butter in a 2-qt saucepan. Bring to boil over medium-high heat, stirring constantly; simmer for 1 minute.

no-bake peanut butter crunch bars

4. Immediately stir into cereal mixture, tossing to evenly coat. Coat hands with cooking spray, then use them to spread and press the mixture in prepared pan. Chill until firm, about 1 hour.

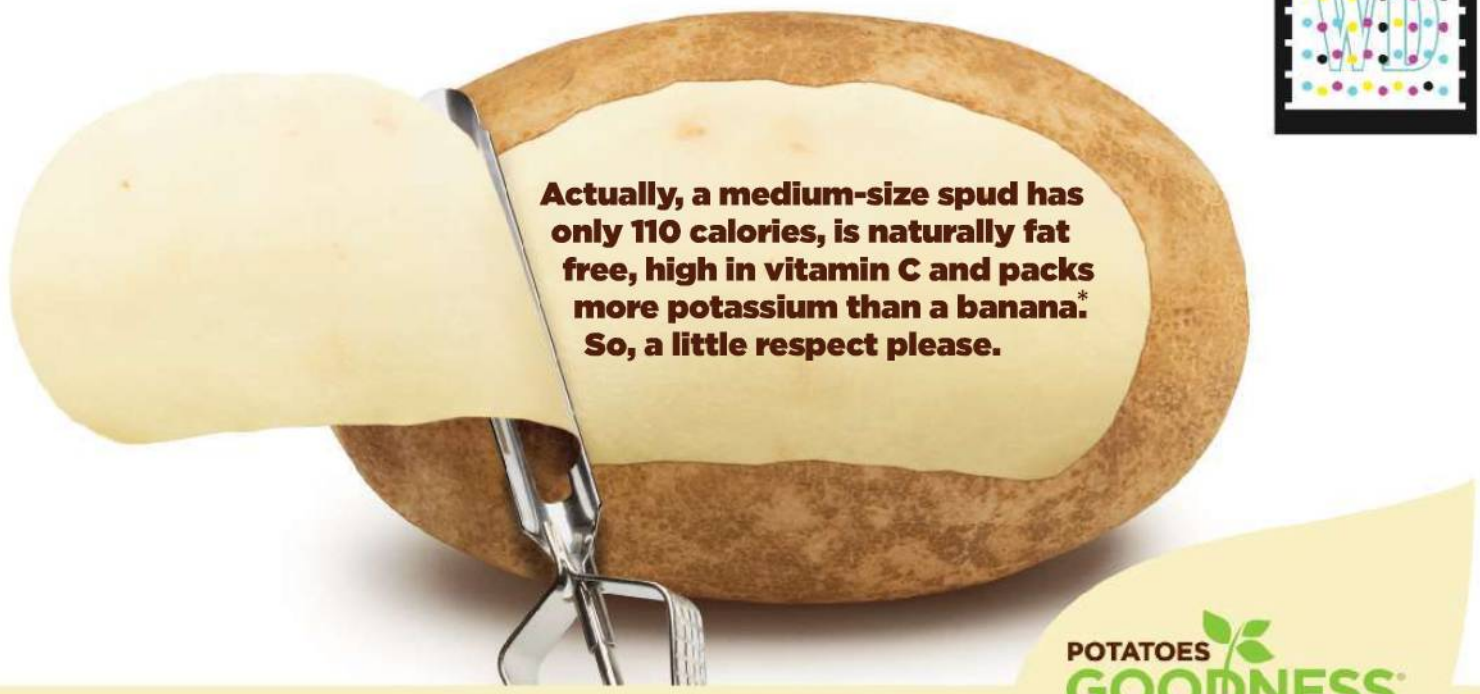
5. Holding foil by ends, lift from pan onto a cutting board. Carefully cut lengthwise in 4 strips and then cut each strip in 6; remove foil. ▶

Per bar: 129 cal, 3 g pro, 23 g car, 1 g fiber, 4 g fat (1 g sat fat), 1 mg chol, 58 mg sod

WHITE WHOLE-WHEAT FLOUR:

stealth health

In these recipes we used white whole-wheat flour. Unlike white all-purpose flour, it's made with the entire grain, so it retains the nutrients and fiber that are lost during processing. And it's sweet and light enough that you probably won't notice a difference. Look for King Arthur or Bob's Red Mill brands in your supermarket.



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*Potato with skin.

better-for-you brownies

better-for-you brownies

MAKES 24 BROWNIES

ACTIVE: 10 MIN **TOTAL: 30 MIN**

- **1 cup (6 oz) semisweet chocolate chips**
- **½ stick (¼ cup) unsalted butter, cut up**
- **1 cup packed light-brown sugar**
- **1 cup unsweetened applesauce**
- **4 large egg whites**
- **1 cup white whole-wheat flour**
- **¼ cup unsweetened cocoa**
- **½ tsp salt**
- **½ cup coarsely chopped walnuts**

1. Heat oven to 350°F. Line a 13 x 9-in. baking pan with nonstick foil (let the foil extend about 2 in. above pan at both ends).

2. Microwave chocolate and butter in a large glass bowl on high, stirring every 30 seconds, until melted and smooth.

3. Whisk in sugar, applesauce and egg whites until mixed well. Stir in flour, cocoa and salt just until blended. Spread into prepared pan. Sprinkle walnuts on top.

4. Bake 20 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

5. Holding foil by ends, lift from pan onto a cutting board. Carefully cut lengthwise in 4 strips and then cut each strip in 6; remove foil.

Per bar: 118 cal, 2 g pro, 17 g car, 1 g fiber, 6 g fat (3 g sat fat), 5 mg chol, 61 mg sod

ginger bars ♥ MAKES 24 BARS

ACTIVE: 10 MIN **TOTAL: 30 MIN**

- **½ stick (¼ cup) butter**
- **¾ cup packed brown sugar**
- **1 large egg**
- **2 tsp vanilla extract**
- **¾ cup white whole-wheat flour**
- **¼ cup whole ground flaxseed meal (we used Bob's Red Mill)**
- **2 tsp ground ginger**
- **1 tsp baking powder**
- **¼ tsp salt**
- **½ cup chopped crystallized ginger**

1. Heat oven to 350 °F. Line a 9 x 9-in. baking pan with nonstick foil (let the foil extend about 2 in. above pan at both ends).

2. Melt butter over medium-low heat in a medium saucepan. Remove from heat and stir in brown sugar. Whisk in egg and vanilla.

3. Whisk in flour, flaxseed meal, ground ginger, baking powder and salt until blended. Stir in crystallized ginger. Spread evenly in prepared pan.

4. Bake 18 to 24 minutes until wooden pick inserted in center comes out clean. Let cool in pan on wire rack.

5. Holding foil by ends, lift from pan onto a cutting board. Carefully cut lengthwise in 4 strips and then cut each strip in 6; remove foil. **wd**

Per bar: 77 cal, 1 g pro, 13 g car, 1 g fiber, 3 g fat (1 g sat fat), 14 mg chol, 67 mg sod

ginger bars

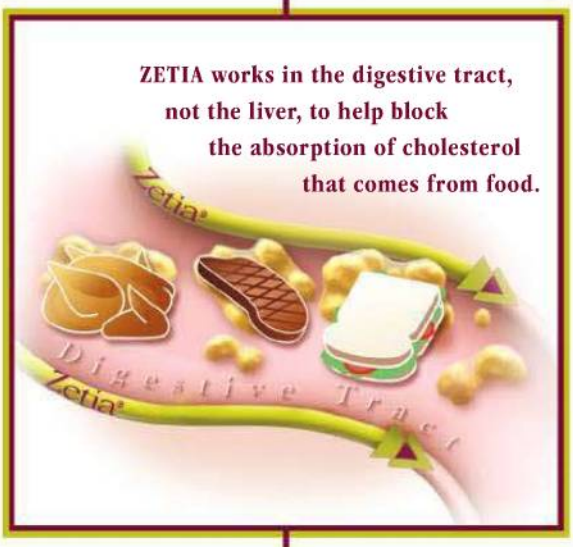
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

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To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

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5 PAPPARDELLE WITH TURKEY RAGU Baby arugula, sliced red onion & cucumber salad	**6** LABOR DAY MEATLESS MONDAY STUFFED PORTOBELLO "BURGERS" Marinated green bean salad	**7** LOWFAT OVEN-FRIED DRUMSTICKS Baked potato wedges Mixed green salad	**8** BEEF VALENCIA Rice with chopped cilantro	**9** GLAZED SALMON ON GREENS & ORANGE SALAD Sesame breadsticks	**10** LOWFAT CHIPOTLE PORK WITH MANGO RELISH & CUMIN SWEET POTATOES	**11** SPAGHETTI & MEATBALLS Whole-grain Italian bread Baby greens salad

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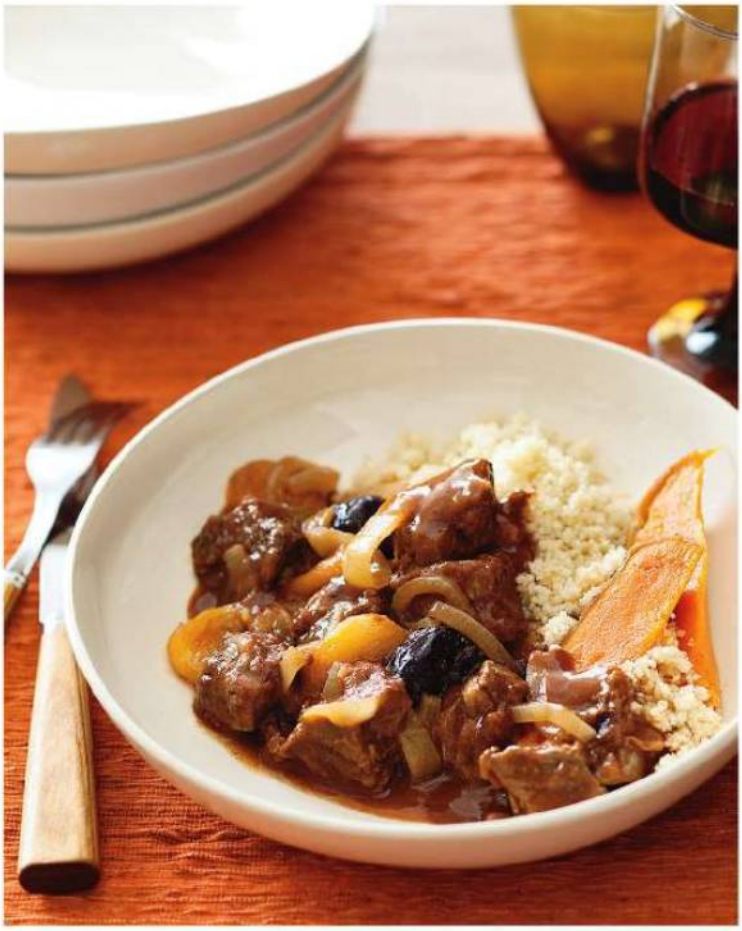
12 ROASTED GREEK CHICKEN & VEGETABLES Orzo	**13** LOWFAT MEATLESS MONDAY MARVELOUS MEATLESS CHILI Sliced avocados on lettuce	**14** LOWFAT FISH & POTATO STEW French bread	**15** LOWFAT STIR-FRY PORK & VEGETABLES WITH SCALLION RICE	**16** STEAK & ONIONS WITH HUNTER SAUCE Mashed potatoes Steamed sliced carrots	**17** SLOW COOKER BRAZILIAN CHICKEN CURRY French bread	**18** GARLIC SHRIMP WITH ANGEL HAIR Baby spinach salad
19 LOWFAT GUILT-FREE LASAGNA Steamed broccoli	**20** LOWFAT MEATLESS MONDAY ASIAN NOODLES Sliced cucumber & radish salad	**21** PORK ALBONDIGAS Rice Sautéed zucchini	**22** LOWFAT CAJUN CHICKEN & SHRIMP Mixed green salad	**23** THE BEST MEAT LOAF Buttered egg noodles Baby carrots	**24** PORK CHOPS WITH SWEET MUSTARD SAUCE Steamed new potatoes Sautéed sugar snap peas	**25** MOROCCAN BEEF SAUTÉ Couscous with sliced almonds & cilantro
26 ROAST CHICKEN WITH ASPARAGUS Roasted new potatoes	**27** MEATLESS MONDAY SKILLET RAVIOLI WITH BROCCOLI RABE Romaine, cannellini bean & red onion salad	**28** LOWFAT HOMEMADE TAKE-OUT CHICKEN FINGERS Rice Steamed broccoli	**29** GREEK-STYLE PIZZA Lettuce, sliced cucumber & roasted pepper salad	**30** LOWFAT SLOW COOKER GREEN TURKEY CHILI Shredded romaine, diced avocado & tomato salad		

try new toothpaste, make kids' lunches, clip coupons from newspaper, invest in home haircutting kit for kids, try to make 6 a.m. spinning class, drop kids off at school, wait until nobody's watching and sneak a candy bar, take Molly to ballet lesson, grab a latte, stop avoiding the gym, interview job applicants, put air in exercise ball, make costume for the school play, take recycling to curb, get a full serving of vegetables, do laundry, keep a food journal, clean house before the in-laws visit, clean gutters, make it to yoga class on Tuesday, carpool to soccer practice Saturday, pull weeds in the yard, make time to play catch with Jake, pick up some flowers, window-shop, finish the presentation, practice deep breathing exercise before opening 401(k) statement, drink eight glasses of water, do glute squeezes at my desk, change furnace filter, explain to Molly what "you are what you eat" means, have some family time, stay awake worrying about how to pay for college, meet with financial advisor after Tom goes golfing, find Molly's retainer, practice public speaking, return that ugly shirt, ride my bike to local shops, clean off desk, drive past the drive-thru, buy dog food, buy insulation kits for doors, schedule sales meeting, replace the paper towel roll, finalize sales projections, revise to-do list, read bedtime stories, remember nothing is as bad as it could be, ship package, organize pantry, think fast when making awkward small talk with the neighbor, switch my purse, get bids for the roof, sign Molly's field trip permission slip, charge cell phone, run more than one block without stopping, take the stairs for once, feed the fish, work as hard as I can, take out home equity loan to pay for gas at pump, drive slower and avoid quick starts, check air pressure in tires to improve fuel economy, park farther away from the door, check the weather, shred mail, meet with book club, get the carpet cleaned, set alarm for 5:30, pay bills online, give my kids a hug, think about exercising more, sign insurance form, use cash instead of credit cards, RSVP for party, sharpen the knives, take penny jar to the bank, pay water bill, rake the leaves, check the mailbox, wonder who does laundry when I'm out of town, find the hamster before the cat does, iron my favorite long black skirt, remind Tom that we're watching what we spend, don't go to the grocery store hungry, plan block party, cancel newspaper, change phone plan to less minutes, help Tom find car keys, miss 6 a.m. spinning class and shoot for 5 p.m. one, find the good plates, eat out less, wash windows, set the digital recorder, attend many meetings, put toilet paper roll on the right way, go over the weekly budget with Tom, switch out light bulbs to energy-saving bulbs, trade candy bar for an apple, enjoy the kids, take back library books, e-mail cookie recipe, check car seat, think about why you spend more than you make, play a board game with the kids after dinner, show Jake how to set the table, water the ficus tree, teach Molly the food pyramid, pop in workout video, motivate myself to do it, play catch-up, sweep kitchen floor, tell kids to use coasters, say no to sugar, iron my no-iron khakis, make brown bag lunches, read nutrition labels, mop the floors, groom the dog, play with the kids, look for pair of socks, laugh at a joke, figure out what organic means, finish Sunday's crossword puzzle, look for my weights, recaulk bathtub, cut soda out of diet, go on a long walk, hope that the baby goes to bed easily, get up before the alarm goes off,

chat for a bit at the water cooler, empty the dishwasher, find the cat, find a really good healthy recipe, wash the car, pay more bills online, step on the scale, take vitamins, call my banker, feed a stray cat, **We can help.®** water the plants, return movies, coil the garden hose, order wheat instead of white, go to farmers market on my way home, dig for change in seats of car, downgrade to basic cable, avoid late fees on bill, eat some cake, **www.minuterice.com** plan weekly meals, trade in SUV for a hybrid compact, dye hair, multitask, enjoy some good family time, ©2010 Riviana Foods Inc.

ready when you get home: lamb tagine

Prepare this hearty dish in the morning and let it simmer in your slow cooker until dinnertime



SERVES 6
ACTIVE: 10 MIN TOTAL: 5 TO 6 HR ON HIGH; 7 TO 9 HR ON LOW

- 1 large sweet onion, sliced
- 2 lb boneless leg of lamb or lamb stew meat, cut into 1½-in. pieces, visible fat trimmed
- 1 cup each dried apricots and prunes
- 1 Tbsp each minced garlic and pumpkin pie spice
- 1 tsp kosher salt
- ½ tsp freshly ground pepper
- 1 bay leaf
- 1 can (14.5 oz) reduced-sodium chicken broth
- 1 can (6 oz) tomato paste
- 3 medium sweet potatoes, scrubbed and rinsed
- 1 box (10 oz) whole-wheat couscous
- ¼ cup toasted slivered almonds, optional

1. Mix onion, lamb, apricots, prunes, garlic, pumpkin pie spice, salt, pepper and bay leaf in a 4-qt or larger slow cooker. In a bowl, whisk broth and tomato paste until combined; pour into slow cooker. Nestle whole sweet potatoes into stew.

2. Cover and cook on high 5 to 6 hours or on low 7 to 9 hours until lamb and potatoes are tender.

3. Remove potatoes with a slotted spoon to a cutting board; discard bay leaf. Cut potatoes into wedges.

4. Prepare couscous as package directs; serve with stew and potatoes. Serve with almonds if desired.

Per serving: 479 cal, 40 g pro, 95 g car, 14 g fiber, 8 g fat (3 g sat fat), 90 mg chol, 822 mg sod

recipe twists

1. Use 8 skinless, boneless chicken thighs instead of the lamb. Cook on high 4 to 6 hours or on low 6 to 8 hours until chicken is tender.

2. Substitute 4 lamb shanks (12 to 14 oz each) for the leg of lamb or stew meat. Cook on high 6 to 8 hours or on low 8 to 10 hours until lamb is tender.

3. Instead of whole sweet potatoes, add 4 carrots (halved lengthwise, then cut into 1-in. pieces) and 2 cans (15.5 oz each) chickpeas, rinsed.

FINISHING TOUCHES

- Top with sesame seeds instead of almonds.
- Sprinkle with chopped cilantro or mint.
- Before serving, add 2 tsp grated orange

PHOTOGRAPH BY KATE SEARS; RECIPE & FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT; PROP STYLING BY GERRI WILLIAMS.

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SHOPPER'S GUIDE

SCHOOL'S IN! 15: Backpack, Dickies Student Backpack, $19.99; *sears.com.* **Sweater (in background),** Varsity Cardigan, $24.75; *crazy8.com.* **26: Lunchbox,** Box Appetit in Orange, $22; *black-blum.com*

ALL IN A DAY'S WORK 78–79: Shelving, Melamine Shelving System in White, about $600 as configured, Elfa. At The Container Store, 888-266-8246; *containerstore.com.* **Chair,** Shane chair in Ayers-Aqua, $1,260 as shown. Mitchell Gold + Bob Williams. 800-789-5401; *mgbwhome.com.* **Throw,** Ikat Eco Throw in Blue, $130, In2Green. 914-693-5054; *in2green.com.* **Rug,** Diamond Indoor/Outdoor Rug in Light Blue/Ivory, $288 for 6x9-foot, Dash & Albert. 800-442-8157; *dashandalbert.com.* **Paper tray (on desk),** Basics Letter Tray in White, $25 for set of 2, See Jane Work. 877-400-5263; *seejanework.com.* **Desk lamp,** Earles Draftsman Lamp (355174) in Antique Nickel, $315, Visual Comfort and Company. At Bellacor. 877-723-5522; *bellacor.com.* **Mousepad,** Desk Accessories Collection Mousepad (ACE31920), $18, Campo Marzio Design; *campomarziodesign.it* for stores. **Pencil container,** Flora Desk Organizer in White/Blue, $11, Design Ideas. 800-426-6394; *designideas.net.* **Pencils,** Zig Zag in Navy & White, Bamboo in White, and Maze in Sky, each $15 for set of 14, iomoi. 925-282-1098; *shopiomoi.com.* **Notebooks,** Volant collection notebooks in Gray, $9.95 for set of 2 Pocket size, and Sky Blue, $12 for set of 2 Large size, Moleskine; *moleskine.com* for stores. **Pencil box (navy) and smaller boxes,** Strikt 4-piece Desk Set in Dark Blue, $9.99, Ikea. 800-434-4532; *ikea.com.* **Desk chair,** Swivel Armless Desk Chair in Antique White, $399, and Armless Chair Cushion in Brushed Canvas Natural, $19, Pottery Barn. 888-779-5176; *potterybarn.com.* **Cable holder,** Signum Cable Organizer, $10; and **cabinet,** Effektiv storage combination (legs, file drawer and 2-drawer set), $315 as configured (parts sold separately), Ikea. 800-434-4532; *ikea.com.* **Document boxes,** Basics Art Box in White and Ocean, $18 each; **blue file boxes,** Basics File Box in Ocean, $20 each; **white and blue magazine boxes,** Basics Magazine Holders in White and Ocean, $14 each; all See Jane Work. 877-400-5263; *seejanework.com.* **White file boxes,** Kassett Box With Lid in White, $9.99 for set of 2, and **navy magazine boxes,** Strikt Magazine File in Dark Blue, $9.99 for set of 2; both Ikea. 800-434-4532; *ikea.com.* **Blue bookends,** House Decoration, $18 for set of 4 small (assorted colors), $25 for set of 4 large (assorted colors), Design Ideas. 800-426-6394; *designideas.net.* **Portrait on wall** by John Wesley, price upon request; **blue painting in bookshelf** by William Wood, price upon request; through Love Fine Art, Inc. 212-989-2029; *lovefineartinc.com.*

80: External hard drive, Seagate FreeAgent500GB Go Portable Hard Drive in Silver, $119.99; **gray files,** Pendaflex 5-Tab Hanging File Folders in Gray, $19.79 for set of 25 (letter size), at Staples. 800-782-7537; *staples.com.* **Clear interlocking boxes,** Good Grips Interlocking Bins, $2.99–$9.99 each, OXO. 800-545-4411; *oxo.com.* **Pencils,** Basics Pencils in White and Ocean, $7 each for packs of 12, See Jane Work. 877-400-5263; *seejanework.com.* **Tabs,** Erasable HangTab File Label Starter Kit with Pen, $7.99, Jokari; at *organize.com*

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♡ heart-healthy (see *womansday.com/hearthealthy*)

SUDOKU SOLUTION

The answer to the puzzle in our August issue:

1	9	2	6	4	8	7	3	5
7	6	5	3	9	1	8	4	2
4	8	3	5	2	7	6	9	1
2	1	7	4	3	5	9	8	6
6	5	9	8	7	2	3	1	4
3	4	8	1	6	9	2	5	7
5	2	1	9	8	6	4	7	3
9	3	6	7	5	4	1	2	8
8	7	4	2	1	3	5	6	9

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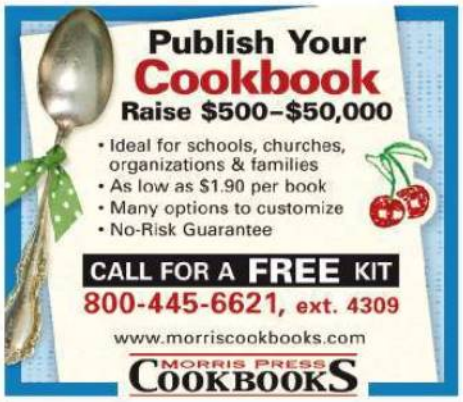

EVERYDAY THINGS YOU NEED TO KNOW...

reseason a skillet

did you know...

Pots were originally made from brass. The first cast iron pan was made around 513 BC in China.

Source: HolidayCook.com

If you've had your cast iron skillet for a while, chances are it needs to be reseasoned—meaning it needs to be recoated to create a stick-resistant surface and guard against rust. Here's how:

STEP 1 Wash the cookware with warm, soapy water and a stiff nylon brush. Rusty? Scrub it with steel wool. Rinse and dry thoroughly.

STEP 2 Apply a thin, even coating of vegetable oil to the entire surface of the pan (inside and out) using a paper towel. Set pan aside.

STEP 3 Place aluminum foil on the bottom rack of your oven to safeguard it from oil drips. Heat oven to 350°F.

STEP 4 Place the pan upside down on the top rack of the oven. This will allow the oil to drip down and coat the entire pan. Leave the pan in the oven to "bake" for one hour.

STEP 5 Turn off the oven and let the pan cool in the oven, or remove it with mitts and place it on a wire rack to cool for an hour. Store your newly reseasoned pan uncovered in a dry place.

Source: Mark Kelly, spokesman for Lodge Cast Iron Cookware

WIN PYREX COOKWARE

Be one of 5 people to win Pyrex's Stainless Steel 10-piece Cookware Set with durable, nonstick coating ($230 value). Snap on the tag to enter.

JONNY VALIANT; PROP STYLING BY MATTHEW GLEASON. TOP RIGHT, BUBBLES: GETTY (2).

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 12–13. Your carrier's standard Internet rates will apply.

CLEVER

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Fruit Dip

Servings: About 12
(Makes: 23 tbsp.)
Serving Size: 2 tbsp.

1 POINTS VALUE
Per Serving

1	**8 oz. bar Weight Watchers® Reduced Fat Cream Cheese Spread** (room temperature)
1/4 cup	Marshmallow fluff
3 tbsp.	Sugar-free seedless raspberry preserves

Combine all ingredients. Blend thoroughly. Serve with fresh fruit.

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